Sports Regulation

for the army

1. October 1938

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I hereby approve the following sports regulations for the Army. It comes into force on oct 1st 1938.
The inspector of the war schools is authorized not to order corrections of a fundamental nature.

v. Brauchitsch.

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I. guiding principles

1. Sport increases and maintains the soldier's physical performance, steels the body, gives him strength and endurance, speed and agility. Sport is therefore the basis of combat training and an inseparable part of military service.

Sport awakens the spirit of attack, hardens the will, promotes self-discipline and thus supports the education of the soldier to become a combatant ready for action. Sport forces subordination and strengthens the cohesion and corps spirit of the troops. Besides it should grant relaxation and recovery to the soldier and prepare joy.

II. Leitung, Lehrkräfte und Lehrweise.

2. The company, etc. The boss is responsible for the sports training of his subordinates. Successful physical training is not possible without good teaching staff. The company etc. The chief must therefore take special care to ensure that the officers and non-commissioned officers are exemplary in their management duties..

3. The young officer is the head of sports training. His personal performance should be considerably higher than the average performance of the teams. He must be able to explain and demonstrate the sporting exercises. His example is decisive for the success of his education. His participation in competitions must be encouraged. The leader wears the same suit as the practicing department.

4. The sport non-commissioned officer supports the manager.

His powers are regulated by the company, etc. Chief. In addition to his teaching duties, his duties include: preparing sports lessons by providing the equipment and dividing up the company, keeping lists for performance tests, acting as a referee for competitions, accompanying competition teams as leaders or quartermakers if no officer is considered, arranging sports competitions and the like.

5. **The regiments and battalions or department commanders**

examine the athletic training of the troop by means of inspections, performance tests or competitions. They will convince themselves that the necessary increase in the individual's performance is achieved through appropriate construction and that the sport can thus be used for military training. They order sport courses for the uniform training of teaching staff. They shall ensure that the young officers in particular engage in sporting activities themselves.

6. The battalions, etc. The commander is assisted by **the sports officer**. He should have a special disposition and inclination for sport, have gained practical experience and, if possible, participated in a course at the Army Sports School. He must have been trained as a referee and referee and must have mastered the safety regulations and the basic principles of health care. In addition, the sports officer must be familiar with the equipment and field administration as well as the facilities of the German Reich Association for Physical Education at his location. His activities are carried out by the Commander regulated.

Sie erstreckt sich auf:

a) Advising the commander and the company etc. Chefs in organizational and technical training questions and the sports facilities (sports hall, sports field, swimming pool)
b) Provision and storage of the equipment, installation and maintenance of sports facilities.
c) the delivery of training courses for the training of teaching staff.
d) the organisation and conduct of sports festivals.
e) Training management of competition teams.
f) the management of army sports clubs.
g) liaise with the organisations of the German Reichsbund for Physical Exercises and the associations affiliated to them.

7. The task of **the army doctor** is to monitor the state of health and prevent overexertion in close cooperation with the leaders responsible for training in sport. He informs the troops about health and hygiene issues.

8. **Teaching**. The training shall be based on the existing skills and disposition of the recruits; the sports training received by the soldier prior to taking up his duties shall be continued. The simple, informal handling of the sports service, which avoids any unnecessary drill, awakens the desire and love for sport and promotes training. From the beginning of the training, exercises must often be carried out competitively in squadrons and departments in order to enliven the sports lesson and increase performance.
The demands on the body must be adapted to the previous performance according to its state of strength, whereby a balance in the type of activity is necessary. The training of muscles and internal organs must go hand in hand.
It is wrong to compress sports training into one or two days a week. In general, it is not recommended to practice for longer than 1-1^{1}/2 hours in a continuous manner. The doctor can temporarily release people in need of care from sport in whole or in part.

9. **Sport** should be practiced outdoors as far as possible In cool weather, sports lessons should begin with gymnastics in motion, short runs or other exercises that warm the user up in general in order to prevent colds and muscle injuries. The normal suit is sports pants and shoes. Depending on the weather, sports shirts and protective sports suits (tracksuits) may be added. When practicing hard, the latter should also be taken off in cold weather. Sport without sports shoes strengthens the foot and is permitted in good weather and perfect ground conditions. During the game (handball etc.) the footwear of the players must be uniform in order to prevent injuries.
Closed rooms must be well ventilated and often thoroughly cleaned. The air must be dust-free. It is forbidden to practice sport in occupied stables.
The value of the training hours increases, if afterwards enough time is given for resting and cleaning the body. After cross-country runs this is to be demanded in principle. Short warm showers support fatigue and eliminate muscle stiffness.

10. **The body school** lays the foundation for performance. It is usually mass education. Athletics, swimming, boxing and team games develop the performance of the soldier to his full height.
In order to avoid military unwanted one-sidedness, the soldier should show average performance in all areas of official sport (all-around fighter). In addition, he should be brought to his personal peak performance in one or more areas.
After completion of the recruit training, it is therefore necessary to take a closer look at the individual man's disposition. Practice in performance departments will often be recommended so that soldiers with a good sporting disposition are not hampered in their further training by those with poor performance. People with particularly good performances, especially non-commissioned officers, can receive support in sports fields that are particularly suited to their inclination and disposition through further training in voluntary exercises. Soldiers who prepare for competitions can also receive training opportunities in official sports.

11. **Early-morning exercise**. Regular early-morning sports are only offered where - as with commanders - there is otherwise no possibility of orderly sports operations.
Its purpose is to circulate blood and refresh the body. A short run and a few minutes of exercise are particularly suitable for this purpose. Early sports can never replace sports training aimed at performance.

III. Training Course.

12. Sport is to be integrated into the training course in such a way that it supports and promotes the progressive training with the weapon. The year is divided into two phases.

I. Section: Until individual visit.

II. Section: Rest of the training year.

13. 1st year of service.

1st Section (recruit training).

The training areas are the body school and the cross-country run, which has to take place in planned increase at least twice in the month, furthermore boxes.
(1st training level.)
Swimming opportunities should be used primarily for the further training of professional soldiers and for the training of non-swimmers.

2nd section:

a) Until the end of April, the field training will be concluded with the location competitions. The main focus of the training is on boxing, the
to the free fight. (2nd training level).
Body school and team games can be done beside it.
Start with jumping, throwing and running school. Body school, team games and swimming can also be practised.

b) In the summer months, athletics (except cross-country skiing), swimming and team games are in the foreground. The body school has to be repeated occasionally, the gymnastics with equipment has to be emphasized.

14. 2nd year of service

1st section: The main point of the winter training is the boxing and the free fight of 3 rounds of 2 minutes each. The body school must be repeated and improved; games, especially team games, continue to supplement the exercise material. The cross-country run is to be accomplished as in the 1. year of service.

2nd. section: The ability acquired in the 1st year of service in the field of athletics and swimming must be further developed. The technique of the exercises is to be improved. The acquisition of the Reichssport badge and the certificates of the Deutsche Lebensrettungs-Gemeinschaft e.V. (German Life Saving Association). (D.L.R.G) is to be aimed at. Competitions are to force the man to the employment. The handball or soccer teams shall hold championships within the battalions etc., regiments or the location (see No. 70).

15. Checking the training.

The individual inspection of the recruits extends to all branches of the body school and the boxing school (1st training level). Certain strength and skill exercises (e.g. weight throwing, climbing and hanging on the rope), competitive obstacle relay teams and the like, usually provide a better insight into the examination of the gymnastic training.

In the 2nd year of service is mainly the boxing match. The free fight up to 3 rounds of 2 minutes each is to be challenged. In addition, performance increases in the field of body school should be recognizable. The non-commissioned officers are to be visited in all branches of the winter training..

a) By the end of April at the latest, the site competitions shall be held in cross-country races. Once a summer, the overall performance in athletics and swimming shall be checked. Competitions between the companies of a battalion or regiment are also suitable for this purpose. The following minimum services serve as a guideline:

		year of service 1.	2.
330ft-run	. . . .	14,2 Sec.	13,4 Sec.
655ft-run	. . . .	32,0 Sec.	30,0 Sec.
1300ft-run	. . . .	72,0 Sec.	68,0 Sec.
long jump	. . . .	4,15 m	13,12ft
high jump	. . . .	1,15 m	26,24ft
shot put	. . . .	6,50 m	8,00 m
hand grenade throw		35,00 m	137ft
swimming	. . . . free swimming		330ft m in 2Min. 40 Sek. 980ft in 9Min.

16. Competition and Training

1. In competition, the soldier learns to give the last, both mentally and physically. Competition is therefore an excellent school of will, hardness and self-discipline. The top performances achieved in the competition by particularly talented soldiers give the general public the incentive to purposeful own work.
The young officers and all non-commissioned officers shall take part in official competitions. It is desired that every young officer also takes part in a competitive sport outside the service.
Occasionally, competitions may be held according to age group and period of service, in order to enable less predisposed or beginners to achieve success in competition.

Competitions within companies etc. up to and including regiment must be held annually.

Divisions and Corps Championships shall be commanded by the relevant Command Posts. Army or Wehrmacht championships are announced by the High Command of the Army or Wehrmacht.
A command post may be instructed to carry them out. Medical assistance must be available quickly for all competitions on a permanent basis.
Only exercises that have body-building value may be shown during sporting demonstrations.
2. Sports competitions are held as individual and team competitions. For the sporting competitions the competition regulations of the German Reichsbund for physical exercises are authoritative.

a) **Individual competitions** bring top performance in individual sporting fields. Particularly valuable are multi-disciplines, which consist of various exercises such as running, jumping, throwing and swimming.
Team competitions promote camaraderie and a spirit of copyrights. They should occupy a large space at sports festivals. For this purpose, company relay races, competition games, team championships, tug-of-war etc. are suitable. Holding large relay races or participating in them is an important advertising medium.

3. **Weapon competitions** do not belong in the field of physical education, but in that of military training. They require full physical education. The evaluation takes place after sporty criteria.

4. **Training**. Soldiers who participate in competitions must be sufficiently prepared, otherwise health damages can occur. Each soldier who enters individual competitions is responsible for his own preparation. He must be advised and supervised in his training by an experienced officer or sports NCO in conjunction with the doctor.
Preparation for competition can only be successful if it is based on good physical training, full health and an exemplary lifestyle.
The main rules of life are: Regular sleep of at least 8 hours, careful nutrition and avoidance of stimulants. Excesses damage the state of strength. Sexual abstinence is not harmful to health. Sports massage is particularly valuable in training. In order to avoid overexertion of competitors during the preparation period, their occasional exemption from other services must be accepted.

17. Off-duty sports, top athletes, army sports clubs.

Voluntary off-duty activity of soldiers is to be stimulated and promoted by the personal example of all ranks, because thereby each virtue inherent urge for activity is directed in correct courses. In his free time, the soldier may engage in any sport which is particularly pleasing to him.
Non-duty sport is regarded as service in the sense of service damage if it was approved in the interest of training. Top experts of national importance who have been nominated by the O.K.H. shall find the support necessary in the interest of German sport. Therefore, as far as the Service permits, they are to be allowed training and competitions in their special field after their recruit time. The same care can be considered for individual handball and football teams of the league class.
It can greatly promote the sporting spirit and sports operations of a troop if the sports enthusiasts soldiers, who can maintain and increase the reputation of their troop unit due to their abilities, are united in an army sports club. First and foremost, the Army Sports Club will combine the best handball or football players of a battalion etc. into one team. For the participation of this team in the competitions and serial games of the German Reichsbund for physical exercises the membership of the club is necessary with this federation. Only an active leader can bring the **Army Sports Club** to bloom.

With every public appearance, the Army Sports Club must attach particular importance to acquiring respect and prestige through the military and sporting conduct of its members. Voluntary sport is regarded as military service if it has been approved by the responsible disciplinary superior in the interest of training. A physical injury suffered in this way is military service damage according to § 4 of the army care - and supply law.

IV. The exercises

preliminary remark

18. **The sport regulation contains**:

a) The compulsory exercises to be demanded of each soldier,

b) Exercises which are in addition optional and particularly valuable for the further training of officers, non-commissioned officers and specially trained soldiers. These exercises are added to the individual exercise areas in the Small League without being described.

c) In special cases, the battalions, etc., may (c) In special cases, the battalion commander may, except in athletics, waive some of the compulsory exercises for his area of command in the event of lack of training facilities (lack of equipment, swimming facilities, etc.). On the other hand, these commanders may, if the nature of their branch or other circumstances necessitate an extension of the subject area, designate optional exercises for their command area as compulsory exercises.

A. physical training

19. The physical basic training takes place in the **physical training**.
It includes movement games, gymnastics and exercises on the gymnastics equipment..

20. **movement games**.
Easy games in the form of running, pulling, throwing, ball and party games are the simple means to make the inexperienced recruit agile and supple. In doing so, they awaken and promote the joy of physical activity to a special degree. The romping in the game belongs therefore to the beginning of the entire training. Furthermore, the games serve to balance and relax after heavy service and must therefore be continued throughout the year.
The games listed can be selected by the instructor or supplemented by others.

examples for games:

a) Obstacle running game (guide only).
Behind a line mark there are several rows of up to 10 players, in front of them in 25m distance 4 players with 5 paces each as obstacles one behind the other, the first kneeling, the second in a side position, the third in a buck, the fourth in a rest position. On "Go!" the first player of each row runs towards the obstacles; the first one is free to jump over, the second one to crawl through, the third one to jump over, the fourth one to turn around. Then the player runs back to his row, where the next one starts from the mall line after a stroke on the hand. The game is finished when everyone in the row has run.

b) Fight against the row.
About 12 players stand in a row, each holding on to the hips of the man in front, the man in front has his arms out; opposite him stands a single player as the attacker, whose task is to separate the players in the row holding on to each other at any point.
The first row player may lock the attacker with his arms extended, but without holding him. The last players in the row swing to the right or vice versa if the attacker comes from the left side. If the attacker has blown up the row at one point, the player is changed in such a way that the attacker takes the last position in the row and the previous first player becomes the new attacker.

c) tug of war.

d) Medical ball relay.

The squadrons (up to 20 participants each) stand in a row with a distance of about 3m exactly in front with wide straddled legs, the first and last player on a token. At the command "Go!" the ball of the first of each squadron is rolled through the grazed legs. Each player tries to accelerate the rolling ball by hitting it with his open hand. The last of each squadron receives the ball kneeling and runs past the right side of the squadron to the first squadron. During the forward run, each player moves to the position of the backer. If the ball comes out left or right before it reaches the goalkeeper, it must be played from the point where it came out. The winner is the relay team, whose players first come to their starting point with the ball. In the same formation, the ball can be played alternately over the head and through the legs. The relay gains speed if it is played with 2 or 3 balls. The balls are played at a distance of about 8m to the command "Go! Each relay player brings only one ball to the front, only the last player has to pick up all balls in the game and bring them back. The relay whose balls are first on the playing line wins. Further practice possibilities are optional.

e) Ball over the string.

In a delimited rectangle of 10-20m length and 19-39ft width, which is divided by a 6½ft high line into two fields of equal size, 2 parties of 5-6 men each line up. The players of each party divide into front and back players.

The ball is thrown over the leash and must always be caught. The ball must be thrown from where it is caught or stopped or where it cuts the boundary of the playing field. Any contact with the ground within the pitch on one side of the pitch shall bring a point to the party on the other side.

A point win is also scored

1. when the ball touches the line or is played through under the line,
2. if the ball touches the ground outside the playing field (the party on this side receives 1 point). Throws that are touched before they end are considered accepted. The lines belong to the playing field.
3. When the opponent throws his hands over the leash.

The winner is the first player to reach 20 points, after 10 points the sides are changed.

f) Shockball relay with the medicine ball.

The squadrons of 8-10 men are open-minded in a row. No. 1 as a player faces his squadron with the ball at a distance of about 2m. On the command "Go!" the attacker pushes the ball to No. 2, this pushes the ball back and sits down. Then no. 3 gets the ball kicked by the attacker, pushes it back and sits down, etc. The last player of the squadron runs, as soon as he has received the ball, to the place of the player at the head of his line. All participants have got up during the preliminary run and have taken the place of the person behind them. The game starts anew. The winner is the relay team, whose players first arrive at the starting area with the ball.

g) relay riders.

Behind a mall line the players stand in line (each line up to 10 men strong). At a distance of 20-25m from the mall line, one target is marked in front of each row. On the command "Go!" the second player of each row jumps on the back of the first player and is carried to the target. Here no. 2 jumps off, runs back to the row and fetches no. 3. At the finish no. 2 stops and no. 3 runs back and fetches no. 4 and so on until all players are at the finish.

h) ball under the string.

In a delimited rectangle of 16m length and 12m width, which is divided by an 80cm high leash into two equally large fields, 2 parties of 6 players each line up. The game is played with 3 medicine balls, which are rolled under the line. Run-up in your own field is permitted.

Each ball that touches the rear edge of the playing field, which is best represented by a beam or hall wall, is considered a point. The ball going out to the side is not counted. A https://archive.org/download/4chansportvorschrift/Figures.rarpoint gain will also be scored:

1. when a ball or player touches the line,
2. if a ball is thrown over the line.

The winner is the party with the highest score in 10 minutes. 1 referee is required for each side.

i) dodgeball.

In a playing field of approximately 20m length and 10m width, which is divided by a center line into two equal sized fields, two equal parties, each up to 20 players, face each other. With a handball, both parties try to throw each other off. At the beginning of the game, one player of each party is behind the opponent's playing field. He participates in discards or tries to pass the ball to his party in such a way that an opponent can be discarded. Each player who is hit must leave the pitch. All players discarded surround the opponent's playing borders and continue to participate in the game by passing or discarding the ball. The winner is the party that first rubbed off the opponent. At the beginning of the game, the referee throws the ball up on the mall line. The party that catches it starts the game immediately. The game becomes more difficult if you play with 2 balls, or if it is allowed to catch the ball or to fend it off with your hand.

k) roughball.

The hand, rugby or medicine ball can be used to play on a playing field of any size with any number of players. Gravel or hard frozen ground is not suitable as a playing surface. However, in order to avoid excessive agglomeration of players and the risk of injury, it is advisable to play the game in a field of only 30m length and 15m width with 6 players on each side. The goals are represented by two medicine balls 4m apart. They are located 3m in front of the rear border lines of the playing field.

Way of playing:

The 6 players, divided into 3 strikers, 1 runner and 2 defenders, try to put the ball on the opposing goal line. At the beginning of the game and after each goal, each team stands on its own goal line. The ball is thrown into the centre of the pitch with a whistle. The ball can be taken out of the opponent's hand. As long as the owner of the ball is holding the ball, the opponent may hold it below his arms around his hips. The opponent held in this way must play the ball within 5 seconds. The ball may be played behind the goal, but a goal may only be scored from the front.

A free throw is imposed:

a) when the ball is deliberately kicked or driven with the foot,

b) if the opponent is held incorrectly,

c) if the held player does not play the ball within 5 seconds,

d) in case of rough and dangerous play.

If the ball exceeds the boundaries of the pitch, the ball is thrown back into the pitch.

If two players make a mistake at the same time, a referee throw is given.

The length of the game can be determined at will.

It is recommended to play about 2 times 10 minutes.

l) Examples of other games:

Flying ball, fighter ball, Neckball, pull and push games over a line or from a circle as competition etc..

21. Gymnastik.

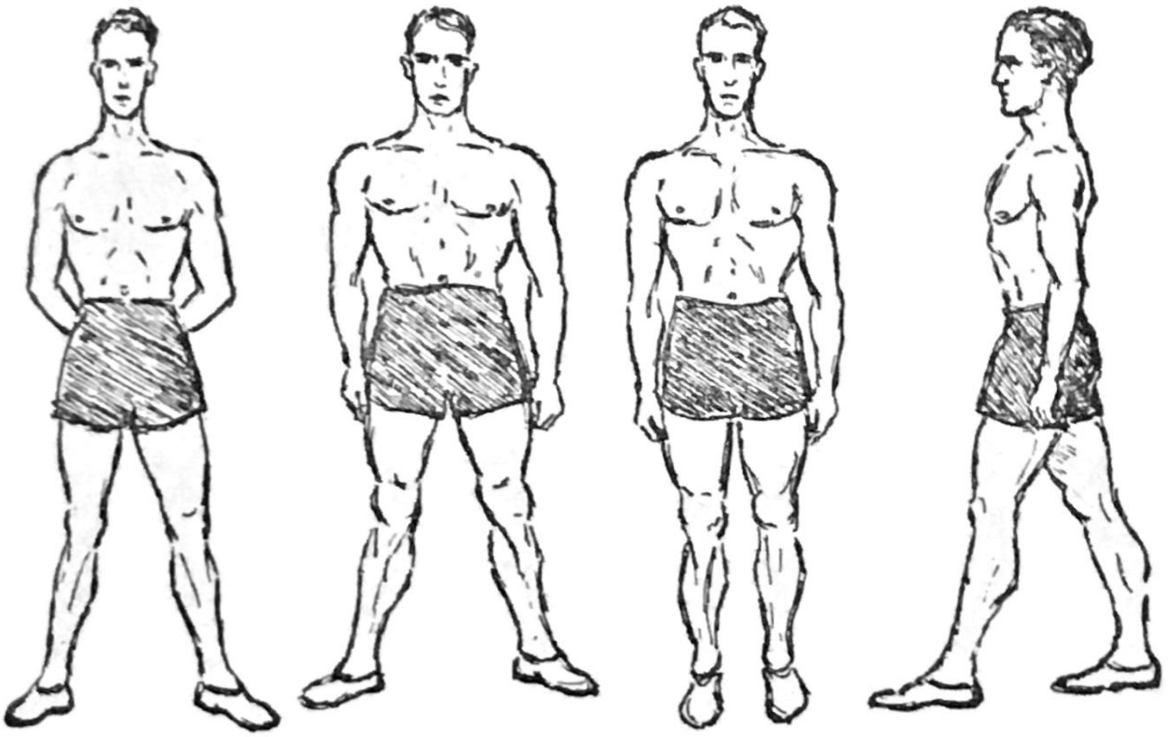
The gymnastics are designed to loosen, stretch and strengthen the muscles and thus prepare the body for athletic performance.

It consists of

1. from gymnastics without equipment,
2. from gymnastics with equipment.

22. Gymnastics without equipment.

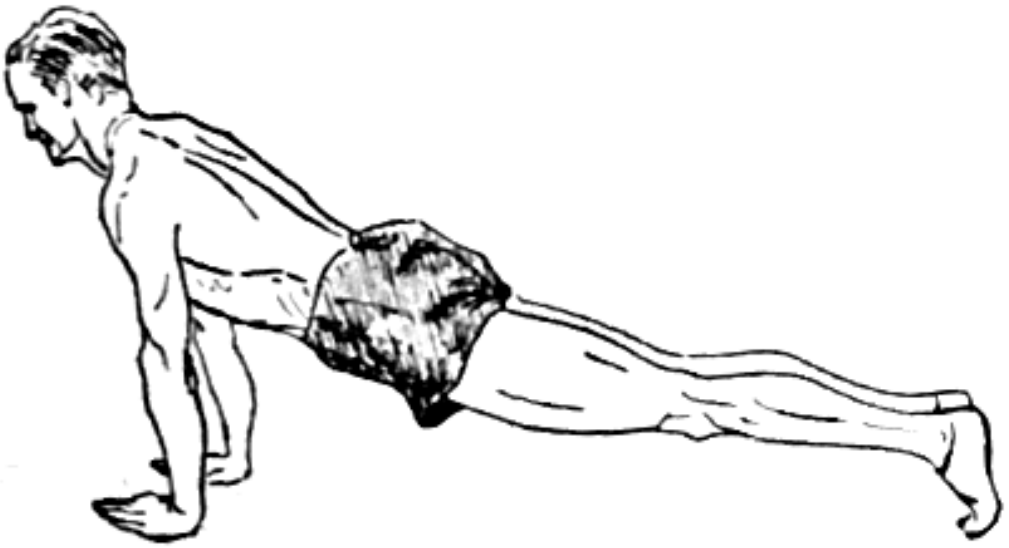
The starting positions for the exercises under a—c are:



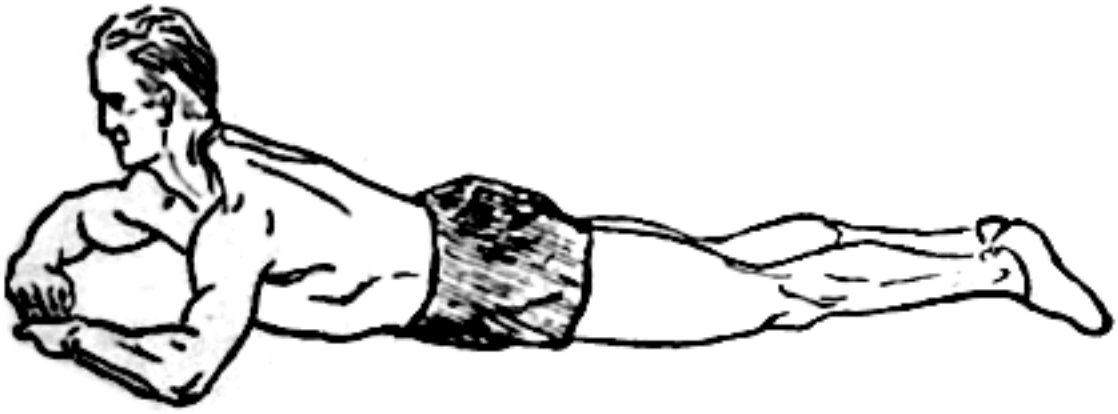
Rest position (Fig. 1), Lateral straight position (Fig. 2), Running position (Fig. 3), Step position (Fig. 4),

Stretch seat (Fig. 5),

knee stand (Fig. 6),



push-up frontl. (Fig 7),



Abdominal position (Fig. 8),

Back position (Fig. 9).

lineup.

On the command "Open to gymnastics to the left (r.) march (march, march)", the section opens so that the front limb from the right (l.) wingman takes 3 steps from man to man and the rear limbs step with 2 steps distance on gap of the limb standing in front of them. Arrived at the square, each man takes the rest position. Connected to the command "Right (l.) - march! (march, march)", the first formation is taken up again on the shortest way and stirred.

How to practice gymnastics.

The exercises are to be performed alternately with arm, trunk and leg exercises. The exercise group begins with loosening exercises, followed by stretching and strengthening exercises. After several strenuous exercises a loosening exercise follows. The gymnastics should not last longer than 15 minutes without a device. The exercises are announced and demonstrated. If you are familiar with the exercise, the demonstration can be omitted. Each exercise begins and ends with the command "Start" or "Stop" in the rest position. For exercises in the stretched seat, kneeling position, push-up position and in the prone and supine position, the rest position is assumed after the command "Stand up". Occasionally, suitable exercises can also be carried out uniformly after counting or at the command of the leader..

a) loosening exercises.

1. **running position, final hop (Fig. 10):**
   When jumping, arms and shoulders must be kept loose.
2. **lateral straddle position, swinging of the arms (Figure 11):**

(Fig. 10)

(Figure 11)

The arms are loosely swung into the fleeting diagonal holds and then crossed through the holds and brought in front of the chest. The same exercise can be done with knee-tips or final bounces as well as with pre-high and low swings of the arms.

3. step position, leg swinging (Fig. 12)

The leg is swung back and forth with the knee and ankle of the swinging leg loosened.

.

Fig. 12.

Fig. 13.

4. straddle position, mill circles (Fig. 13)

With one arm held high, both arms circle one behind the other close to the body, first forwards and then backwards on command. The torso must not be turned while the arms are circling.

5. lateral straddle position, torso circles (Fig. 14)

The torso is rotated alternately left and right when the knees are pushed through. The arms are swinging through the upholstery with or hanging loosely down.

Fig. 14.

Fig. 15.

6. lateral straddle position, circles of both arms (Figure 15):

From the upright position, both arms are first turned forwards and then backwards. The same exercise with knee bounces or final bounce.

7. step position, circular arc swinging of one leg (Fig. 16):

The leg that has been put back is swung forward and then sideways in the arc back to the starting position. The standing leg is lifted into the toe position.

Fig. 16.

8. running position trunk bending swing forward (Fig. 17):

From the upright position both arms swing forward through the downholds backward, upwards with simultaneous flexing of the torso forward with knee bends and stretches.

Abb. 17.

9. straddle position, fuselage turning (Fig. 18):

From the side hold the torso is turned alternately to the left and to the right with a swinging motion, whereby the rear arm remains stretched, while the front arm is swung loosely to the chest. The legs are pushed through.

Abb. 18.

b) stretching exercises

1. Lateral straddle position, forward fuselage bends (Fig.19):

When the legs are pushed through, the torso is bent forward until the hands touch the ground. The same exercise can be performed with one or two springs or with folded hands, swinging from the upright position through the legs (chopping exercise).

Fig. 19.

2. Lateral straddle position, fuselage bends backwards (Fig. 20):

While slightly advancing the knees and pushing up the hips, the hull is bent backwards. The feet must remain with the whole sole on the ground, the arms hang down casually.

Fig. 20.

3. Lateral straddle position, fuselage bends sideways (Fig. 21.):

When both arms are held up, the fuselage is bent alternately to the left and to the right with one to two rebounding movements.

Fig. 21.

4. lateral straddle position, falling into the deep knee bend (Fig.22):

The knees are bent quickly while the arms swing forward and the body rests on the whole sole. The torso is curved, the head retracted.

Fig. 22.

5. Running position, leg spreaders sideways (Fig. 23):

One leg is alternately spread sideways with a swing, with the standing leg going into the toe position.

Fig. 23.

6. Step position, high pre-stretch (Fig. 24):

The rear leg is swung as high forwards outwards as possible, whereby the standing leg is lifted into the toe position.

Abb. 24.

7. Running position, leg spread backwards (Fig. 25):

After lifting the leg, the thigh is swung back sharply with the knee and ankle joint held loosely. The standing leg lifts into the toe position, the arms swing into the fleeting side position.

Fig. 25.

8. Lateral straddle position and taking the extended lateral straddle position (Fig. 26):

The exercise should not be performed on smooth ground.

Abb. 26.

9. Running position, low squat position with knee extensions and bends (Fig. 27):

In the low crouch-position, the torso is slightly bent, the heels are lifted, the hands support at the ground. After rocking once, the legs are turned while the hands remain on the ground.

Fig. 27.

10. kneeling position, fuselage bends backwards (Fig. 28):

The knees are taken apart a hand's width, the body is aligned. Bend back quickly with the hips raised, with and without the arms raised.

Fig. 28.

11. kneeling position, fuselage bends sideways (Fig. 29):

One leg is placed stretched sideways. Bending is done by holding both arms up and with one or two rebounding movements.

Abb. 29.

12. Lateral position and take the extended step position (Fig. 30):

The exercise should not be performed on smooth ground.

Fig. 30.

13. Stretch seat, forward fuselage bends (Fig. 31):

Bending forward is done in such a way that the hands touch the toes with the knees pressed through. The head is retracted.

Fig. 31.

14. straddle position, backward upward swinging of the arms (Fig. 32):

The arms are stretched out and swung backwards and upwards and then loosely crossed through the low supports and brought in front of the chest. The heels are lifted when the arms swing back and lowered when the arms swing low.

Fig. 32.

15. Abdominal position, fast lifting of the torso (Fig. 33):

With sharp pressure of the hands from the floor, the torso straightens up to the limit of possibility. The arms support the lifting of the torso by strong lateral beating.

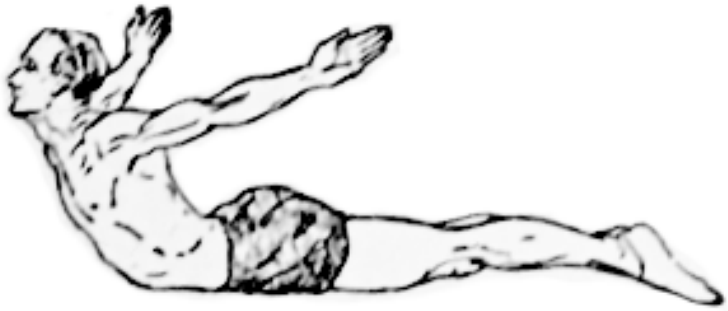


Fig. 33.

16. Deep creep position with spring deflection (Fig. 34):

The hands are pushed forward in the bench until the thighs are vertical in the low creep position.

Fig. 34

17. Straddle seat, fuselage bends (Fig. 35):

From the straddle seat, the torso is turned alternately and bent over the left and right leg, with the palm of the hand touching the opposite tip of the foot.

Fig. 35.

18. abdominal position, back support, fast torso and leg lifting (Fig. 36).

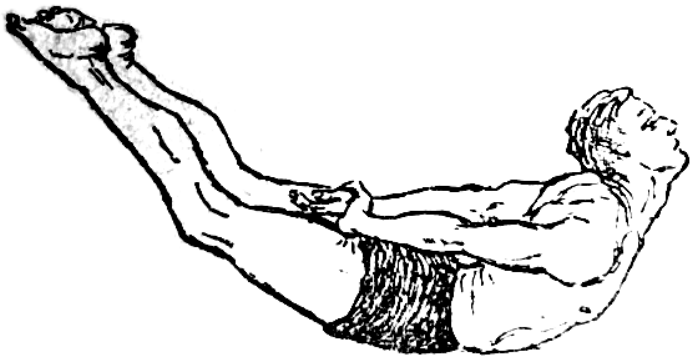


Fig. 36.

19. From the straddle seat, bend the fuselage forward as a partner exercise (Fig. 37):

From the straddle seat with feet set against each other and hands grasping each other, the fuselage is alternately bent forward and backward by pulling.

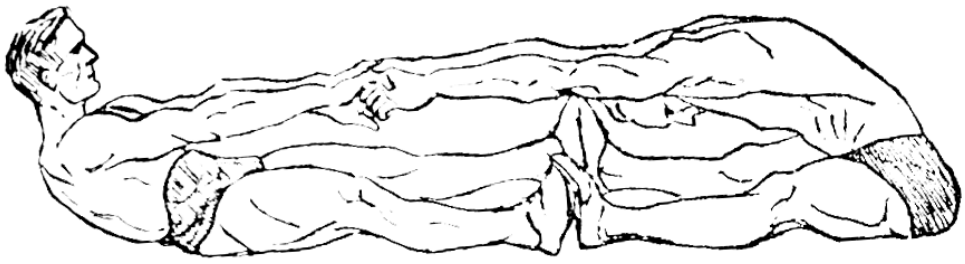


Fig. 37.

c) strengthening exercises.

1. **Push-up forward, squatting and stretching the legs (Fig. 38):**
   The legs are continuously squatted and stretched with the knees closed. The same exercise can be carried out with alternating squats of one leg and a single springing.

Fig. 38.

2. **supine position, leg circles (Fig. 39):**
   The legs are first lifted from the supine position with a side hold and then circled without touching the ground. Circling can be done with the legs closed and with the legs sliding, lowering and closing.

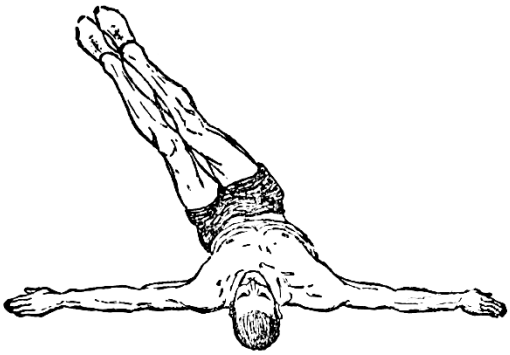


Fig. 39.

3. **Supine position, fast torso and leg lifting (Fig. 40):**
   Lift the torso and legs evenly so that the hands touch the feet.

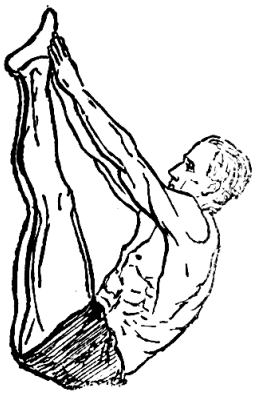


Fig. 40.

4. supine position, lifting and lowering the fuselage (Fig. 41):

The lifting of the torso is initially performed with the body bent and later with the body stretched. When lifting with the body stretched, an aid holds the feet of the exerciser in place.

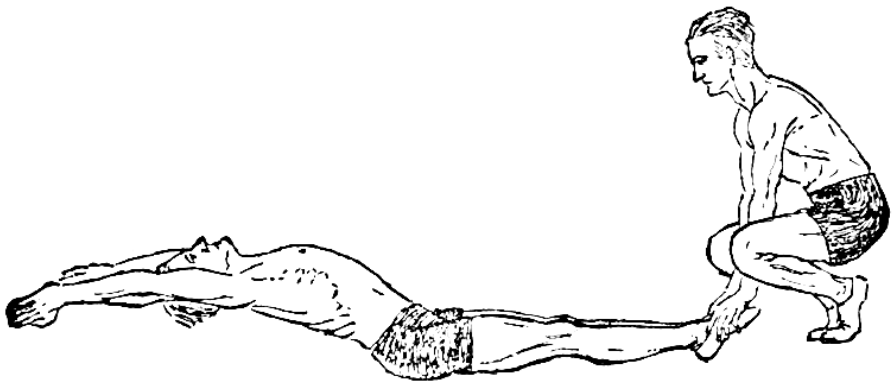


Fig. 41.

5. Push-up forward, arm bends and stretches (Fig. 42):

The bending of the arms is carried out slowly, the stretching fast.

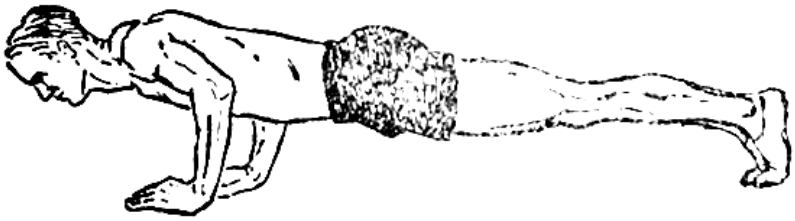


Fig. 42.

6. Squat on one leg as a partner exercise (Fig. 43):

Two practitioners stand opposite each other with their hands and simultaneously perform a deep knee bend, one on the left and the other on the right. When bending left, the right leg is pre-expanded.

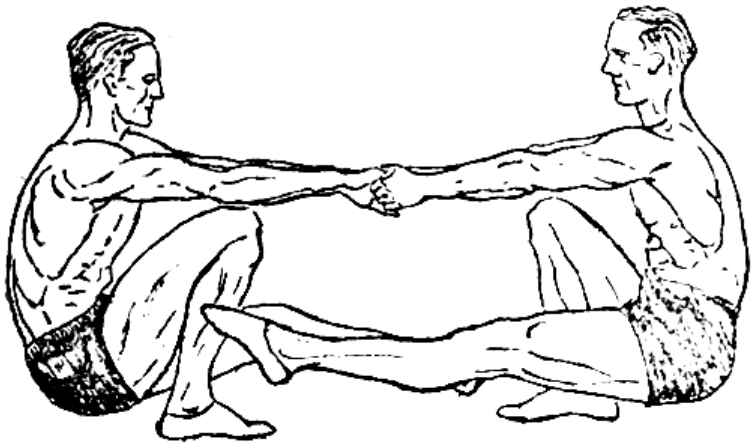


Fig. 43.

7. stretching seat and leg circles as a partner exercise (Fig. 44):

Two participants, one with straddled legs, the other with closed legs, sit opposite each other. The closed legs lie between the straddled ones. Both practitioners continue to lift, slide, lower and close the legs. Do not touch the ground when closing the legs. The same exercise can also be done with the legs closed.

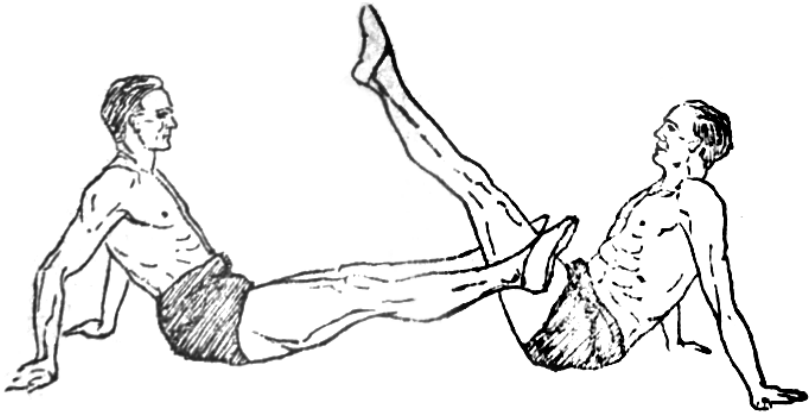


Fig. 44.

8. Final hopping with squats (Fig. 45), side gulps (Fig. 46) or strong backstroke of the legs (Fig. 47):

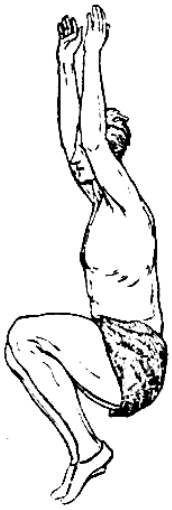


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Fig. 45.

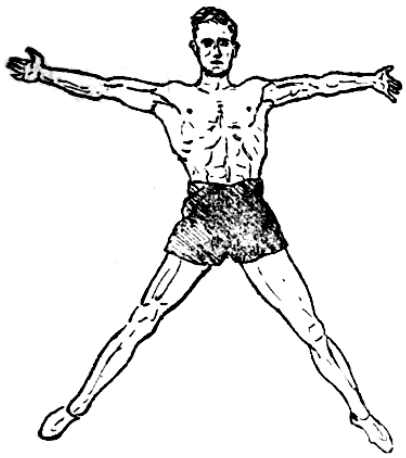

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Fig. 46.

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Fig. 47.

d) Exercises in movement:

Purpose and practice:

Walking, running and jumping exercises should make the muscles flexible and warm them up, especially at the beginning of sports lessons. They are excellently suited for early sports as well as for sports lessons in cool and humid weather. Approximately 20 to 30 users move in a circle three steps apart.

1. Walking and running in alternation.

2. Alternate running with jumpy, large running steps (Fig. 48):

3. Run with jumping up (Fig. 49):

After every 3 running steps, the left and right are alternately jumped up.

.....

Fig. 48.

.....

Fig. 49.

4. Fast walking (Fig. 50):

When walking fast, the foot is almost straight with the heel on and rolls over the outer edge. Arms and shoulders swing strongly like when running. Everyone walks as fast as they can. Fast walking can be done alternately with walking, running and also in competition.

Fig. 50.

5. walking with a high forward spread of one leg (Fig. 51):

With every 3rd step, the right or left leg is alternately swung towards the head. The arms swing forward and upward while the torso is bent forward. The standing leg lifts into the toe position.

Fig. 51.

6. walking with large drop-outs (Fig. 52):

The heels are lifted and the upper body aligned in the case of the large, expansive lunging steps.

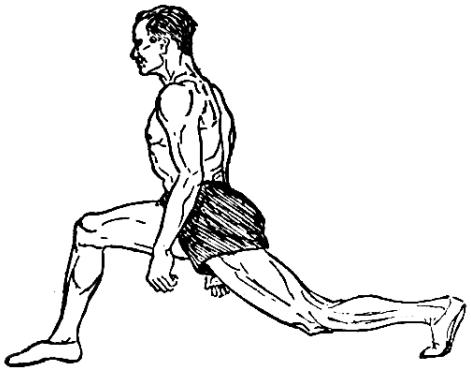


Fig. 52.

7. Run alternately with thigh and lower leg lifting:

When running with thigh lift, the thighs are sharply torn up, when running with lower leg lift, the lower legs are loosely folded back.

20. Gymnastics with equipment.

Gymnastics with a equipment mainly consists of strengthening exercises, as the device provides the resistance necessary for muscle growth. The exercises with the round weights and dumbbells, carried out in excess, do slowly. Especially valuable as a counterweight are the medical ball exercises that promote rapid strength and the throwing exercises with the throwing weight.

safety precautions:

The leader has to provide sufficient distances and spaces for the trainees. The exerciser must pay attention to the other exerciser and the device..

a) Exercises with the medicine ball:

Installation in 2 opposing sections. The ball is caught in all exercises by the partner with the upper arm and the corresponding chest side, with the other hand grasping.

1. **step position, throw forward as high throw (Fig. 53):**
   With a slight bend back, the ball is swung into the high holds and thrown forward in a high arc in the direction of the other players.

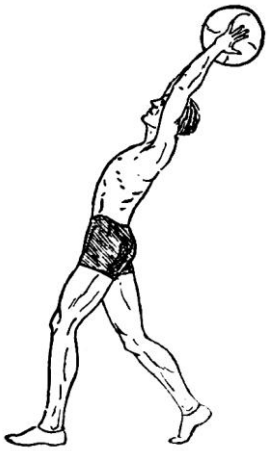


Fig. 53.

2. **step position, throw forward as deep throw (Fig. 54):**
   The ball is thrown from the upright position at the hip height of the other player while the upper body is swinging forward.

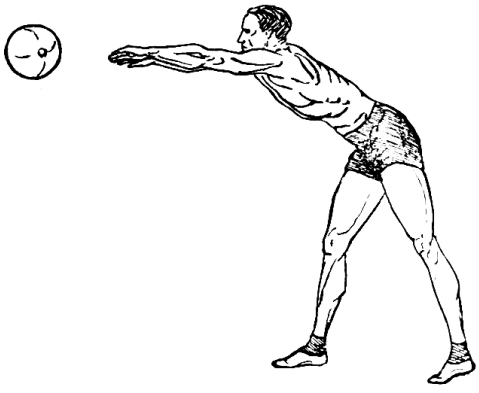


Fig. 54.

3. lateral straddle position, throw backwards over the head (Fig. 55):

The ball is swung forward under torso bows and then backwards over the head while stretching the body into the toe position.

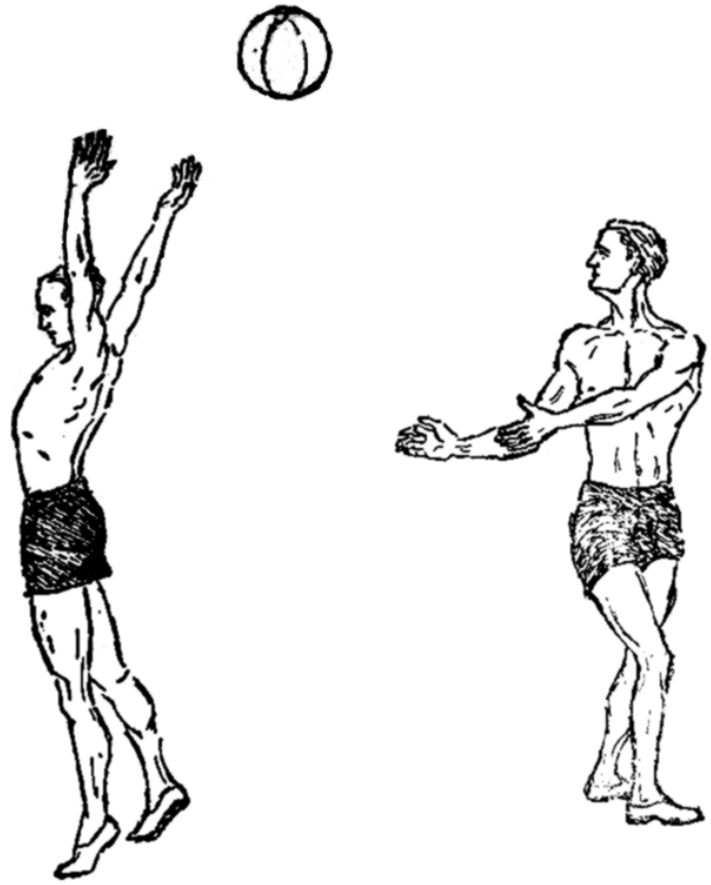


Fig. 55.

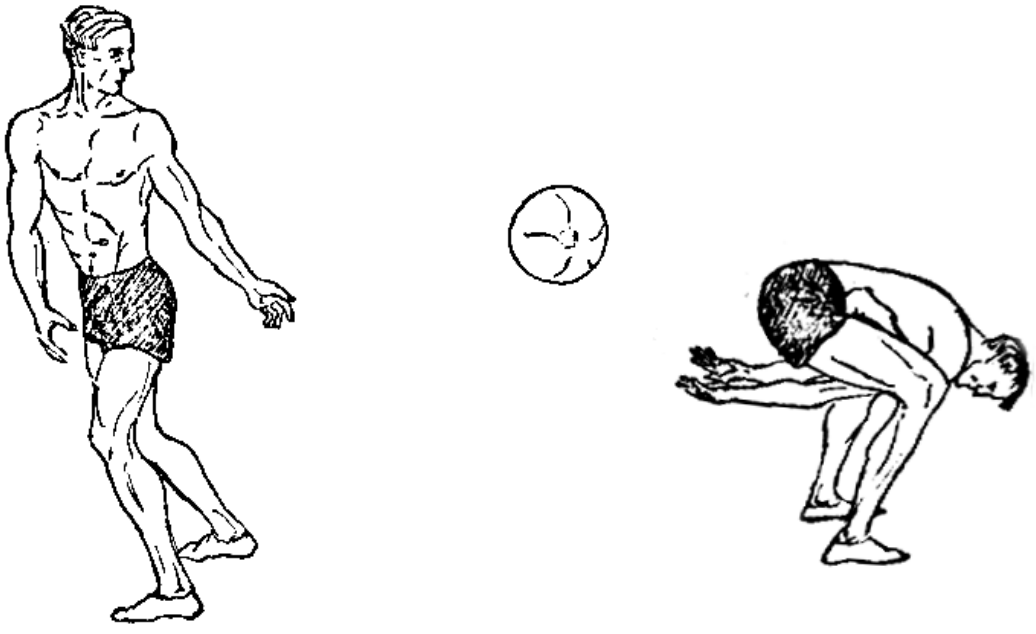


Fig. 56.

5. Step position, straight joint right and left (Fig. 57)

The ball is bounced at the shoulder height of the participant by quickly advancing the shoulder and stretching the shock arm; the effect is increased by the speed and force of the shocks. steigern. The same exercise must also be carried out as a long shot, in which the starting position is taken as for the shot put.

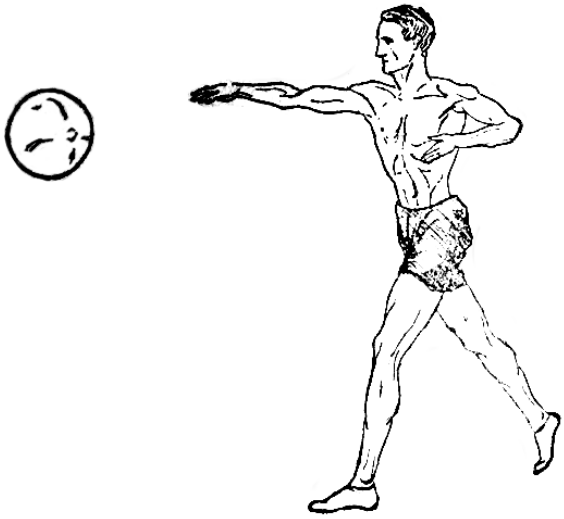


Fig. 57.

6. step position, ejection right and left (Fig. 58)

Exercises 1, 2 and 5 can also be performed while sitting.

Fig. 58.

b) Exercises with the round weight:

Set up as for gymnastics without equipment.

1. forward low swing (Abb. 59):

The round weight is first swung up with turned arms and then under torso and knee bends through the grazed legs. The same exercise with one arm alternating left and right (Abb. 60).

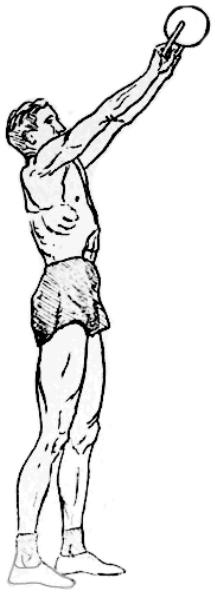


Fig. 59.

Fig. 60.

2. Side swing (Fig. 61):

The round weight is swung in front of the body with one arm alternately to the right and to the left into the fleeting side hold..

Fig. 61.

3. Circle with one arm (Fig. 62):

After previous swinging sideways, the round weight is alternately striped left and right in front of the body.

Fig. 62.

4. Circle with both arms (Fig. 63):

After swinging sideways, the round weight is rotated alternately left and right around the head. The arms are slightly bent over the head and stretched out in front of the body.

Fig. 63.

5. Free repositioning (Fig. 64)

The round weight is first swung with one arm through the straddled legs. At the end of the following upswing, the handle is loosened and the device is caught with an open hand, flexing the arm and knees over the shoulder.

Fig. 64.

6. forward somersault (Fig. 65):

After a previous swing with one arm through the straightened legs, the round weight is loosened when the fuselage is erected and after a full turn it is caught again.

Abb. 65.

c) Exercises with the throwing weight:

The exercises are to be practised as throwing exercises often competition-like. Here the free throwing field, sufficient spaces and distances of the practitioners are to be observed sharply.

Starting position: The thrower stands in a slight straddle position with bent knees in front of the weight lying on the ground in such a way that he can grasp it with stretched arms with overhand grip (Fig. 66).

1. swing forward through the straightened legs (Fig. 67).
2. flywheel backwards over the head (Fig. 68).
3. circle the weight (Fig. 69).

Fig. 66.

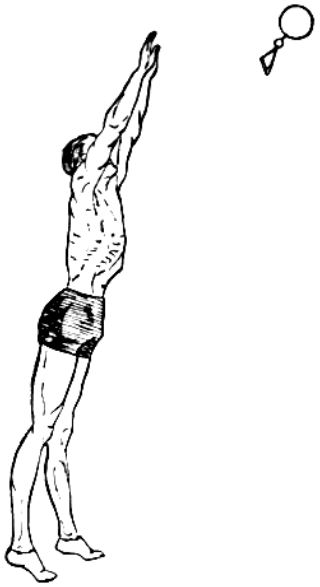


Fig. 67.

Fig. 68.

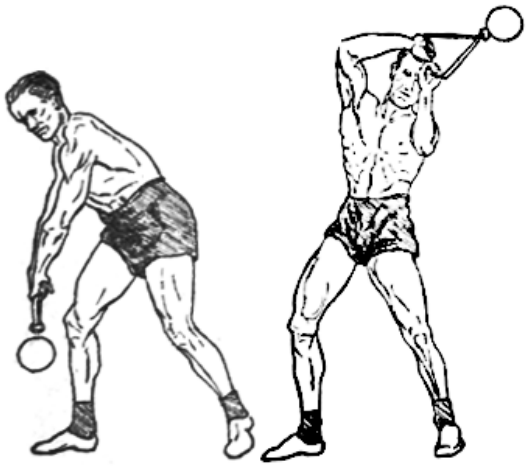


Fig. 69.

From the starting position, the weight is swung backwards through the open legs, swung forward again, swung sideways to the right and circled around the head on the left. The weight circles right-rear low and in front left high; in front of the body the arms are stretched, bent over the head.

4. throw from a standing position.

After one to two circles, the weight with stretched arms is thrown back over the left shoulder (picture 70).

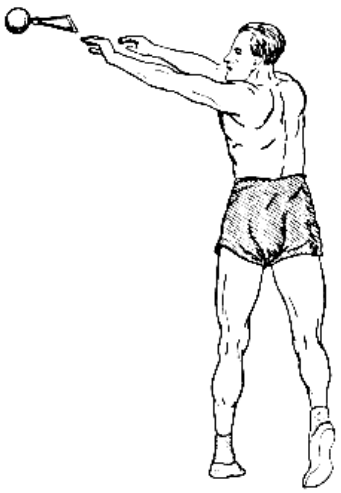


Fig. 70.

d) Exercises with the disc dumbbell (Abb. 71 u. 72).

When practicing, the barbell must be placed on both sides of the practicing barbell to prevent the barbell from falling backwards.

1. One-handed and two-handed pushing.
2. Tearing with one or both hands.

Fig. 71.

Fig. 72.

e) Exercises with the ball (11 and 15 lbs).

Raising the ball left and right, catching with the same or the other hand. Throw right over left shoulder and catch left and vice versa.

24. Exercises at the gymnastics apparatuses.

The gymnastics equipment is used for strengthening exercises and obstacle gymnastics..
g y m n a s t i c a t t i t u d e i s n o t t o b e d e m a n d e d.

safety precautions:

Help must be given to prevent accidents. Assistance is especially necessary when jumping over gymnastics equipment or when leaving bar and ingot. It is given first by the teacher, later by the people instructed in it. The low jump at the apparatus must be prepared by mats or a deep-scratched sand pit.

a) high bar

1. **Pull ups on the high bar.**
   It is to be practised with comb and instep grip, the chin must be lifted over the bar..
2. **Upswing from a standing start** } at
3. **Turn left and right (Fig. 73)** } head height
4. squats.

Fig. 73.

5. **Unequal arm lifting (Fig. 74).**

Fig. 74.

b) Bars hip to chest high:

1. Arm bends and stretches in support (Fig. 75).

2. overclimbing (Fig. 76).

3. From the side stand with approach turn over both spars (Fig. 77).

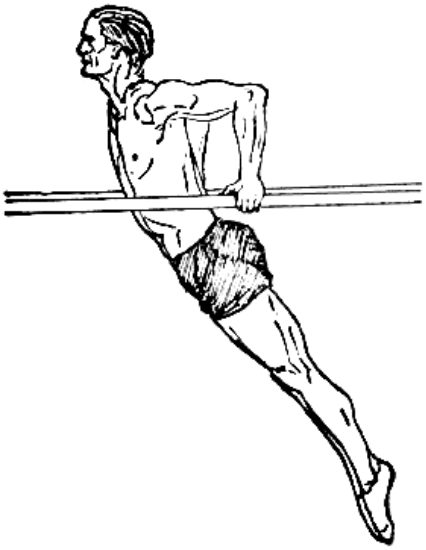


Fig. 75.

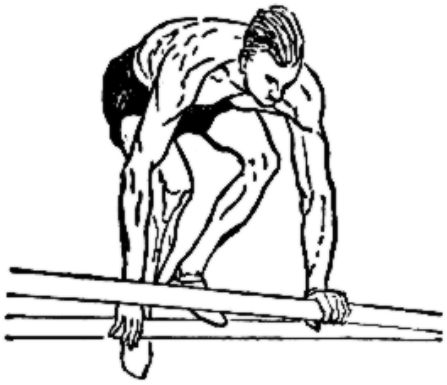


Fig. 76.

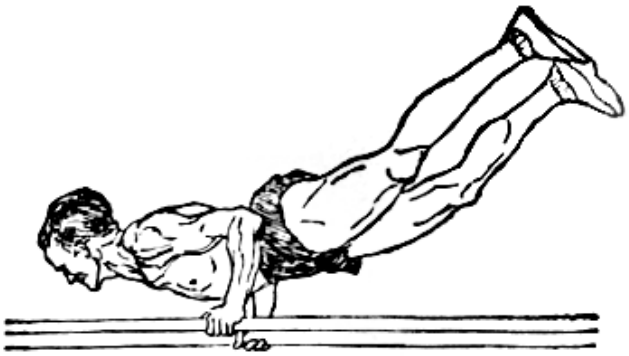


Fig. 77.

c) parallel bars with unequal bar height:

1. jack one foot onto the lower spar and flank or turn over the higher spar (Fig. 78).

2. Overclimbing first the low and then the high spar and vice versa (Fig. 79a, b, c).

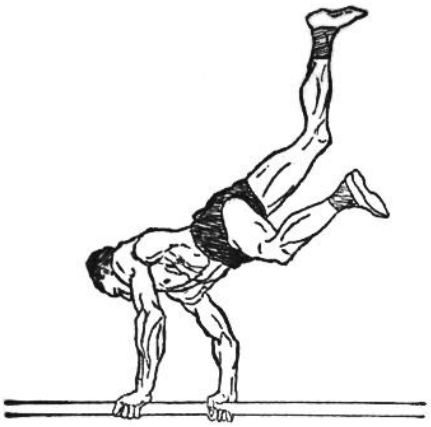


Fig.78.

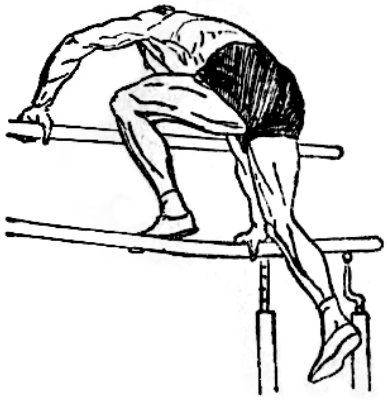


Fig. 79a.

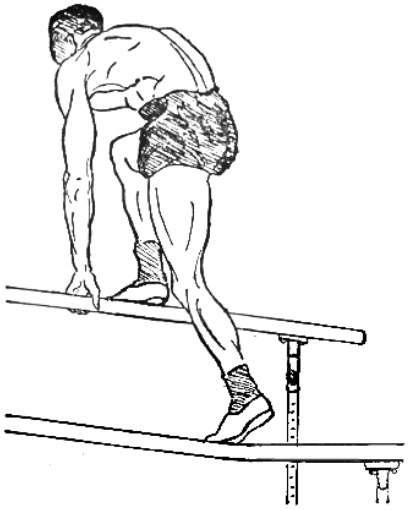


Fig. 79b.

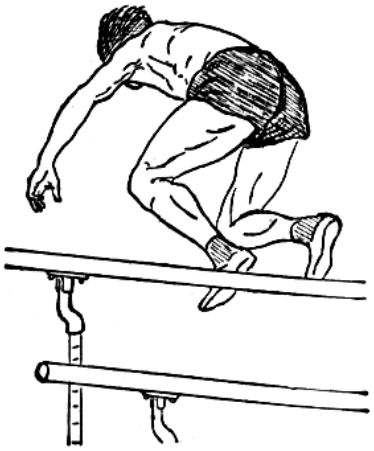


Fig. 79c.

3. Jump into the support onto the high bar and turn over both bars (Fig. 80).

4. Undershoot over the low spar (Fig. 81)

Fig. 80.

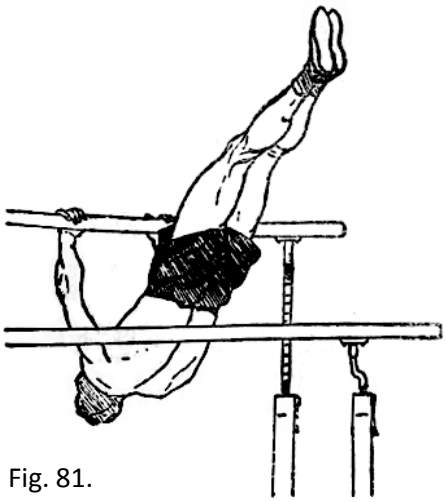


Fig. 81.

d) vaulting horse, crosswise without bulges.

1. Left and right flank (Fig. 82).

2. Sitting up with both feet and low jump forward (Fig. 83).

3. Squats (Fig. 84).

4. Free jump and low jump forward (Fig. 85).

5. Free jump up to a horse height of 3.6ft (Fig. 86)).

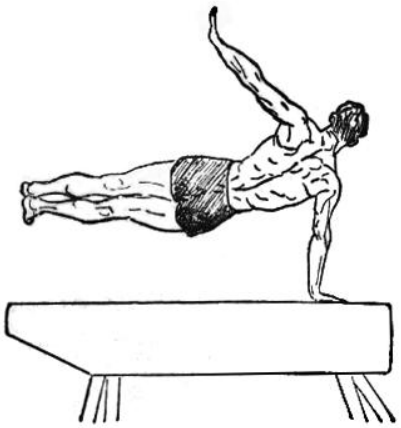


Fig. 82.

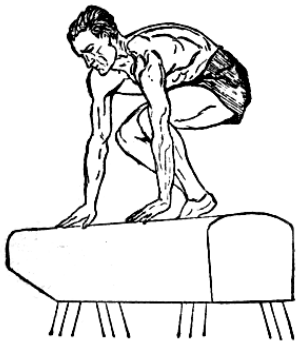


Fig. 83.

Fig. 84.

Fig. 85.

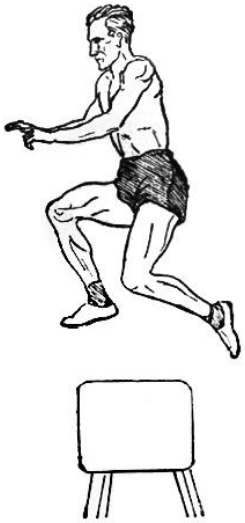


Fig. 86.

e) vaulting horse or long box:

1. Sitting up with one foot and running over the back of the device with a low jump forward or jumping over an obstacle in front (fig. 87).
2. Sitting up with both feet, falling into the push-up and slide.
3. giant leg straddle.

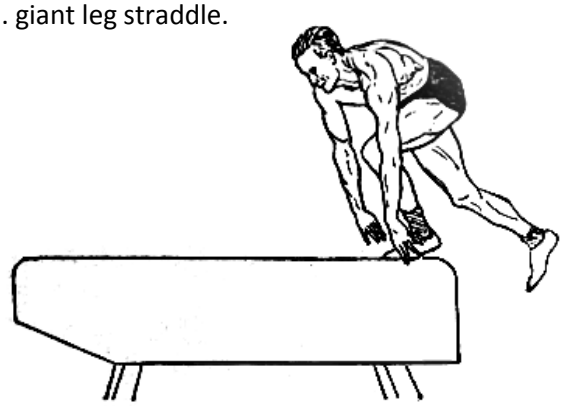


Fig. 87.

f) rope and pole:

Climbing and hanging are especially powerful exercises. When climbing, care must be taken to ensure proper climbing protection. Hanggling can also be practiced on double rope.

g) obstacle course:

In the case of obstacle courses, the gymnastics equipment shall be regarded as obstacles. By the appropriate combination of equipment, etc., obstacle courses are set up which are overcome as quickly as possible in competition. They are jumped over, climbed over, crawled under and crossed. Assistance must be given for difficult exercises.

Relay examples of simple type:

1. climbing over the hip-high bar and flank over horse.
2. jumping over a man, squatting or free jumping on a long horse.
   with running over the horse's back and jumping over an imaginary obstacle
   like a skyscraper or a tall horse.
3. climbing over the unequal bar, squatting over a horse, and Jump over a staff.
4. flank over a horse, turn over a bar and upswing on high bar. Turn around.
5. crawling under a bench or other obstacles, free jumping over a transversal horse and climbing or hanging on the rope.

25. floor exercises.

The floor exercises make the body supple. They should only be performed on a soft surface. Difficult floor exercises, such as forward rollovers and free rollovers (somersaults) may only be performed by people who have the necessary physical preparation and aptitude.

Fig. 88.

1. roller forward (Fig. 88):

exercise possibilities:

a) Roll forward from starting up and starting up,

b) Roll forward several times in a row,

c) leapfrog and then roll forward into a standing position,

d) Headstand and handstand with subsequent roll forward.

2. gunnery change.

3. roll backwards (Abb. 89a, b, c).

exercise possibilities:

a) Roll backwards from the stretch seat into the kneeling position.

b) Roll backwards from the stretch seat to the standing position.

c) Roll backwards from the straddle stand to the standing position.

d) Roll backwards with legs closed and stretched.

e) Roll backwards into the volatile handstand.

Abb. 89a.

Fig. 89b.

Fig. 89c.

4. dive roll (Fig. 90):

The assistance kneeling next to the exercising person can make it easier for the beginner to "take the head on the chest" by pressing lightly on the back of the head, without exaggerating it so far that the exercising person falls on the back.

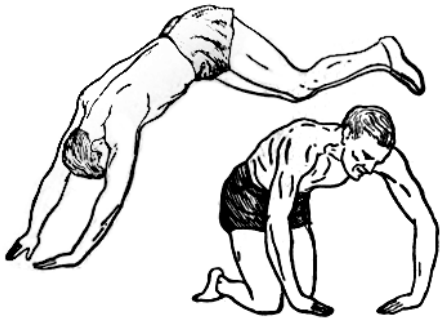


Fig. 90.

exercise possibilities:

a) Pike roll from the start (jump with both feet).

b) Pike reel from starting up (jump with both feet).

c) Pike roll over 1 to 3 adjacent people (boards).

d) Pike roll over 1 to 3 people kneeling next to each other (benches)

5. handstand

The help holds the practitioner.

6. roll over forward,

first to learn with support of hands before, then on the bench, finally without bench.

7. rollover sideways (wheel turning)

8. the free rollover forward (somersault).

27. Exercises on the wall bars.

The exercises on the wall bars are mainly stretching exercises..

1. stand forward on the fourth rung, grip at hip height, torso bends
with one to two springs.

2. stand forehead on the fourth rung with grazed legs, grip at hip height, falling into the deep knee bend with feathering.

3. slope forward or backward on the second uppermost rung, swinging of the legs from the hip alternately left and right.

4. seat backwards with grazed legs close to the wall bars, handle at reach height, lifting out to the fleeting bend. The same exercise with closed legs and lifting up to the toes.

5. stand sideways on the fourth rung, grip at shoulder height, side sinks and side spreaders.

6. stand backwards on the fourth rung, grip at hip height, fore-lowering with one leg forelimbs.

7. slope backwards on the second highest rung, leg ups and downs.

8. standing forehead with horizontal spreading of a knee, flexing of torso forward with feathering.

9. stand forehead with horizontal laying on of a knee, torso bends forward with feathers after.

10. stand backwards, densely at the rung-wall, torso-bends forwards and grasping the second Rungs, arm bends and stretches with knees pressed through.

11. push-up forward with grip of the hands on the third rung,
mutual arm bending and stretching.

12. tension bend as partner exercise.

B. athletics.

28. Through the exercises of athletics, the soldier learns the natural movements of running, jumping and throwing in a practical and energy-saving way, thereby increasing his performance in all areas of military service.
The aim is a versatile training, if possible with the addition of voluntary exercises. The ambition of the soldier is to be promoted in a healthy way by competitions and achievement measurements in training hours and his voluntary employment is to be reached up to the deployment of the last forces.

29. The run.

a) **General:** The run is the most valuable exercise. It is used to acquire endurance and speed and to stimulate and develop the internal organs (heart, lungs, blood circulation). When running, a loose and swinging movement should be aimed at and any unnecessary tension or cramping of the muscles should be avoided.
Particular attention should be paid to full
swinging of the legs forward (Fig. 91).
The faster the run, the more the upper body moves forward, the stronger the legs are stretched during the kick and the stronger the arms swing (Fig. 92). When running slowly, the upper body is upright, arms and legs swing slightly and loosely. The feet point in the running direction. In the fastest run, the foot is springy with the ball of the foot, in the medium and slow run, the foot with the whole sole is put on and rolled forward.
Breathing takes place through the mouth and nose.
Care must be taken to exhale thoroughly.

Fig. 91.

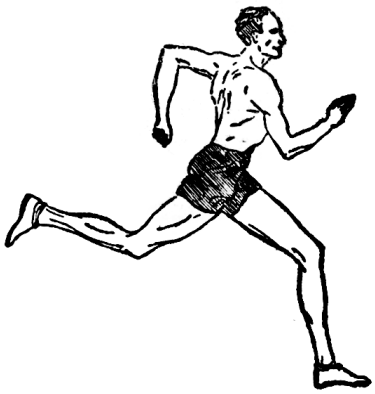


Fig. 92.

b) **Teaching:** The correct running style is acquired through the following running exercises.

1. Easy running at slow speed on the race track
(every level place is suitable).
2. Running with short, loose steps on the ball of the foot (ball of the foot running), in order to achieve the necessary looseness of the leg and arm work.
3. Incremental runs over 330 to 1300ft to train the running style. The speed of the run is gradually increased during ascent runs.
4. Runs with change of tempo. The runner starts repeatedly, initially from medium speed, then from slow speed with maximum force and then returns to the initial tempo.

c) The cross-country race is the best training of endurance.

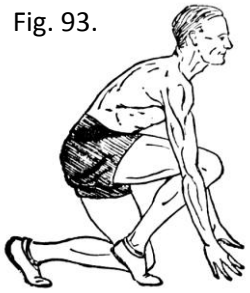
The soldier learns to adapt to the difficulties of the terrain in his way of running. The training of endurance depends on the length of the course and the speed. Shorter runs (1.2-1.8mile) at a lively pace train endurance as well as longer runs (up to 6 miles) at a slow pace. The training starts with slow runs in easy terrain (solid ground) over
1.2-1.8mile, which are interrupted by pauses at the beginning.
The length of the course, the speedof the run and the difficulties of the terrain should be gradually increased.

d) The fast run: The fast run is carried out over the distances of 330, 650 and 1300ft (short run). Start exercises, hill climbs, runs with tempo changes are necessary preliminary exercises in order to achieve a performance in short distance running. Repeated short runs over 196 to 320ft, occasionally over 650 to 980ft, for the particularly difficult and important 1300ft distance also over 1650 to 1960ft, give the necessary endurance to be able to run this distance in sharp speed. Every short distance runner should also be trained in starting and relay change. The most common relays are over 4 times 330ft and 4 times 980ft.

e) The Start: With the ankle leg, one foot length is placed behind the starting line and kneeled down on the other leg in such a way that the knee is at ankle height of the ankle bone, the toe of the foot is pulled tight. The starting holes determined in this way are carefully and deeply dug with firm back walls.
On the command "On the course" the runner places his feet in the starting holes, kneels down and places his hands on the starting line, so that the fingers touch the ground with their thumbs pointing inwards and the arms stand shoulder-wide apart. (Fig. 93).
On the command "Ready" the runner lifts the knee of the rear leg so far from the ground that the leg in the knee forms an angle of 90°, pushes the upper body forward, transfers the body weight to the stretched arms and breathes deeply. The gaze is directed obliquely forward to the ground (Fig. 94).

On the sequence command "Go" (shot) the runner squeezes himself out of the starting holes with both legs. The first running steps are short, fast and loose, the arms swing sharply angled in the opposite direction to the legs. The runner only gradually straightens up to the natural running posture. After the start, 20 to 30m must always be run through.

Fig. 93.



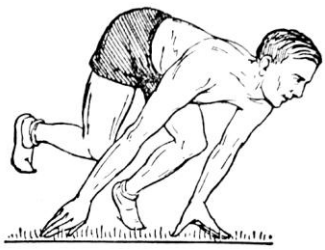


Fig. 94.

teaching method:

1. Practicing the individual positions.
2. Easy starts, making sure that the arm work is correct from the first step on..
3. Start over 65 to 100ft at full speed.
4. Starting and run times up to 200ft (worse runners will get a run time).
   To be practiced frequently as an incentive with unequal runners..

f) The change of staff at the relay.

The change of baton is the technical prerequisite
for the short distance team event.

The runner receiving the baton stands at the beginning of the 20m changing room and expects the runner approaching at the fastest speed with the baton in his left hand. As soon as he has reached a mark 6 - 8m before the beginning of the changing room (the distance depends on the speed of both runners), the receiver goes in sharpest run with full arm work. Shortly before the bringer has caught up with him, he extends his right arm backwards (thumb spread to the body), the bringer pushes the stick from below into the hand of the receiver at the same time with the left arm stretched forward (Picture 95). The receiver then immediately takes the stick in his left hand.

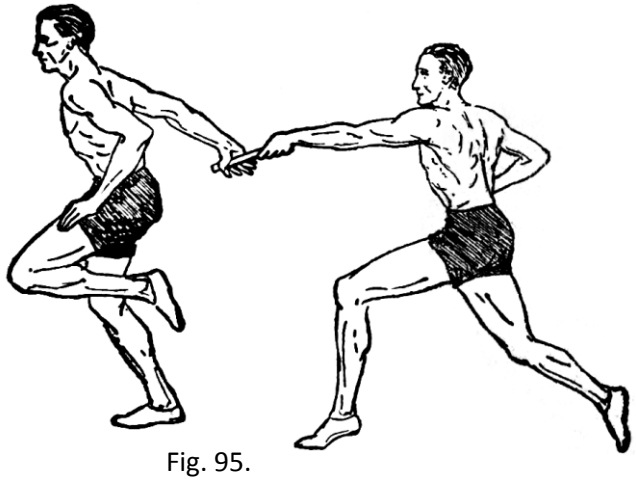


Fig. 95.

teaching method:

1. Practice relay change while walking, slow and fast running.
2. Relay in the 20m room with auxiliary mark determination. For the safe determination of the auxiliary stamps it is necessary to run through the full distance in the competition order of the runners.
3. Practice competitions in different squadrons.

30. Further running tracks are:

middle-distance races of 2600ft, 3200ft, 5000ft.
long-distance races of 2, 3, 6, 15 and 26miles (Marathon).
hurdles of 360ft, 650ft, 1300ft.
steeplechases of 1.8 miles.

31. The Jump.

The jump is, according to its execution, a step jump, high jump or long jump..

a) The Step Jump.

The step jump takes place over low obstacles up to a height of approx. 90 cm out of the run and should disturb the running movement as little as possible..
The runner lands on the swing leg and continues running immediately.
The anklebone is retightened like when walking.
For obstacles over 70cm high,
it is pulled laterally (Fig. 96).

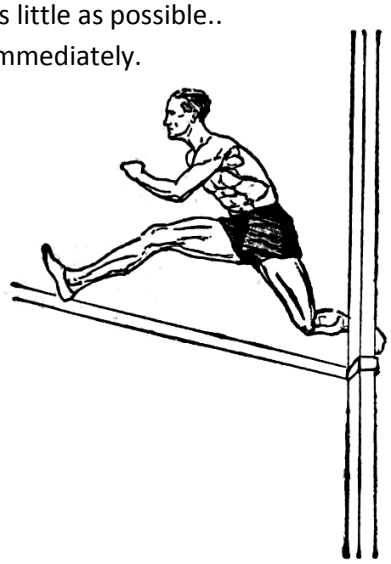


Fig. 96.

b) The high jump

The high jump is either a high jump or a Scottish jump.
The high jump is performed from the front, both legs are squatted in the air,
the jumper lands on both feet (Fig. 97).
In the Scottish Jump, the jumper runs halfway from the side so that the swing leg faces the bar. The legs are swung over one after the other, the jumper lands on the swing leg (Fig. 98).
The approach to the high jump is a loose run, in which the last three to four steps are executed powerfully.

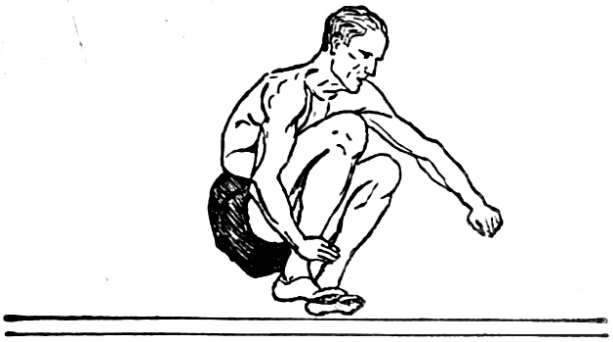


Fig. 97.

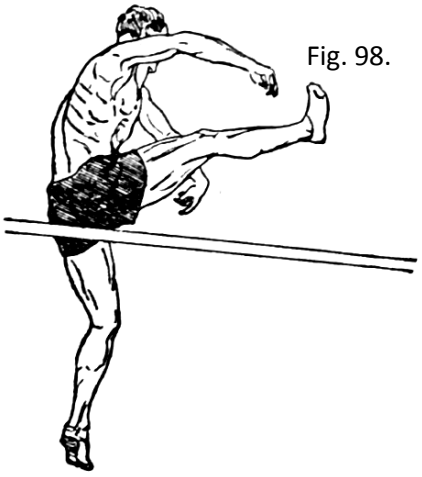


Fig. 98.

c) The long jump.

The long jump is a high jump in which the lower legs are thrown to land. In order not to fall back, the jumper swings his arms forward when coming down and pushes his knees forward (Fig. 99, Fig. 100).

The long jump approach is a climb run where the maximum speed must be reached several steps before the jump. The speed of the run-up and the height of the jump bring the distance.

Fig. 99.

Fig. 100.

d) jumping technique:

1. jumps from a standing position to strengthen the jumping power and to learn the required aspect ratio during the jump.
   a) Long jump from a standing position.
   b) Triple jumps from a standing position in various forms (on both legs, on one leg, step jumps, athletic triple jump, hupf, step, jump).
   c) standing high jump as high jump.
2. jumps with easy approach
   a) Jump with both legs, high and long jumps.
   b) Jump with the jumping leg and loose but high long jumps.
3. jumps with run-up as long and high jumps.
4. cross-country jumps are made over ditches, hedges, into sand pits, etc. If appropriate, jumpers with a predisposition to high and long jumps are given their jumping style.

32. Other jumping exercises are:

Long jump as running jump (plus start-up technique).
High jumps in different techniques (sheer reverse jump, scooter).
Pole vault.
Triple jump with approach.

33. The shot.

It is forbidden to throw back the device for practice at all throws.
The throwing field must be kept free at the front and on the sides by other exercisers.

a) The Hand Grenade Throw.

The hand grenade throw is practiced as long and target throw..

Throw from a standing position:
The hand grenade is held firmly, but not convulsively in the throwing hand.
The body weight rests on the right leg, the upper part of the body is slightly tilted forward andin the hip. The throwing arm is almost stretched back (Fig. 101).
The left leg is lifted first and the body is moved far back from the direction of throwing.
When the left leg is reattached, the right leg is stretched, the right hip and shoulder are thrown forward and the throwing arm is suddenly torn forward past the right side of the head (Fig. 102).

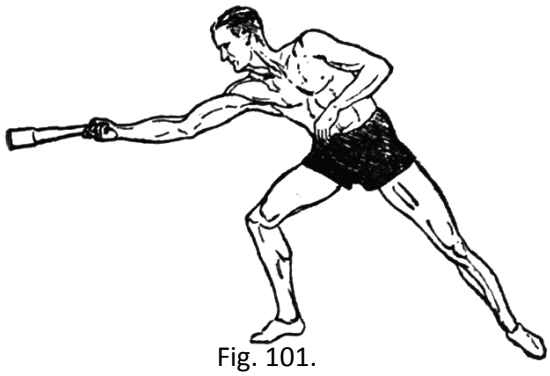


Fig. 101.

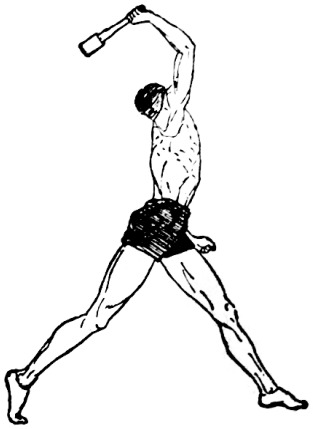


Fig. 102.

throw with run-up:
The run-up is 50-65ft.
It is an ascent run in which the last 2 to 4 steps are carried out in such a way that the right leg is placed over the left (cross step) and the launcher reaches the ejection position in this way.
The hand grenade is carried in front of the body during the run up.
In order to avoid shoulder and elbow injuries, only light throws should be carried out at the beginning and only performance throws later.

How to teach hand grenade throwing:

1. Preparatory, light throws from a standing position to learn body and arm work.
2. Throw from the beginning, practice the cross step.
3. Throw from easy start, practicing the cross step.
4. The whole litter with start,
   definition of an intermediate mark at the beginning of the cross step.
5. Hand grenade target throws.

b) Shot Put

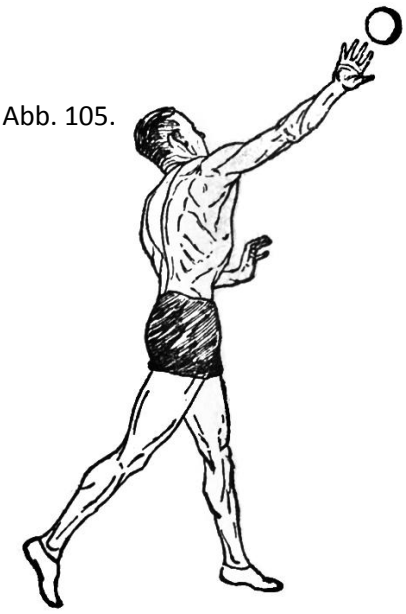
The thrower is standing with his left side to the throwing direction.
The ball lies on the finger roots, the thumb is spread.
The right leg is flexed, the upper body slightly tilted forward,the ball lies on the right shoulder (Fig. 103).

Abb. 103.

The left leg lifts up and grabs the ground at the front edge of the circle slightly to the left of the throwing direction. The kick is done by strongly stretching the right leg, by bringing the whole right side of the throw forward over the stretched, stemming left leg (Fig. 104) and by straight ejecting the throwing arm at an angle of 45° beyond the edge of the circle (Fig. 105).
The right leg must not be in contact with the ground.
before the bullet has left the hand.

Abb. 104.

Abb. 105.



teaching method:

1. Brief practice of the starting position and the sequence of movement without device.
2. Impact from a standing position with the 5kg ball.
3. A standing kick with the 7¼kg ball.

c) The stone throw

Stone throwing requires the same technique as shot-putting when shooting from a standing position (Figs. 106, 107)

When throwing with a running start, the stone is carried with one hand in front of the chest (Fig. 108) By moving the right leg over the left leg (cross step) the thrower gets out from the barrel to the drop position.

Abb. 106.

Abb. 107.

Abb.108.

teaching methid: :

1. standing throw right and left.
2. Walking with the stone and learning the cross step.
3. Impact with full start from 15 to 20m length right and left.

34. Further throwing exercises are:

Shot put with jump,

Discus,

Javelin throw,

Hammer throw.

C. SWIMMING

35. Supervision and classification.

In swimming lessons, an officer or a non-commissioned officer trained as a swimming instructor shall be designated as the supervisor. He bears the responsibility and initiates the implementation of the necessary safety measures..

36. safety precautions.

The supervisors and instructors must observe the following regulations:

a) Ear, eye and skin patients are not allowed to go into the water without a doctor's permission.;

b) People who have been ill must be specially watched;

c) people must not go into the water with a full stomach or hot water;

d) after great efforts (march) or little sleep (guard)
efforts during swimming must be avoided;

e) at low water temperatures, outdoor baths must not last too long. When swimming continuously, the skin must be greased beforehand to reduce heat extraction.

The site elders issue safety regulations according to the local conditions.
In accordance with the general safety regulations, the supervisor shall order the division of the team, the distribution between the free and non-swimmer pools, the change of departments, the division of the teaching staff and the rescue service (the latter, if necessary, in consultation with the lifeguard).
The safety regulations for indoor swimming pools are to be worded analogously if the civil lifeguard is not in charge of supervision.

Special measures must be taken when swimming outside the institution.
Lifeguards who swim next to the pupils are to be identified by bright caps.
A lifeboat (wide wooden barge) must be available.
Canoes and folding boats are not suitable as lifeboats.
If the water is deep and opaque, it is advisable to secure students who are already swimming without a line with corks or bubbles, as is the case with diving.

Caution is advised when jumping into water with unknown depth..

The following must be posted in every institution:

a) the safety rules for the establishment concerned,

b) the D.L.R.G. tables for the resuscitation of drowners.

NON-SWIMMER LESSONS.

37. The aim of the training

is learning how to swim breaststroke and the folksy backstroke.

teaching method:

The lessons are given in shallow water without equipment. The training without equipment has the advantage of naturalness and the possibility of weapon training. It increases the student's feeling of safety. First of all, the students should be helped to get used to water with calm and patience and overcome physical and mental inhibitions.
Dry swimming exercises only have the purpose of teaching the student to swim faster. The individual exercises are to be carried out first on land and then in the water.

38. Exercises to get used to water.

The student must realize that his body remains on the surface with almost no movement of the arms and legs as soon as the lungs are filled with air. Quiet and correct breathing is the first prerequisite.

The following exercises serve as a guide:

a) Standing and walking in shoulder-deep water, deep inhalation and exhalation.

b) Diving:
1. Short immersion of the head under water,
2. Inhale, submerge, stay under water for a few seconds,
Exhale under water.
3. Opening eyes while diving, searching for plates, etc..

c) Testing the load-bearing capacity of the water with deep breathing, first with, then without help, by tightening the legs to form a ball or package shape.
Stretching the body in chest and supine position with assistance.
Drifting in an extended chest and back position, first by pulling by a student, then by pushing from the bottom or edge of the pelvis.

39. swimming movements in the chest position:

a) **Leg movement:** the legs are squatted with the knees wide open,
and then closed.
Practice: In shallow water the hands support the body on the ground.
or hold him by the edge of the pool..

b) **Arm movement:** From the upright position the arms are led sideways to the forehead, then the arms and hands are bent under the chest and loosely brought forward with the palm of the hand downwards.
Practice: In shallow water the student lies stretched out on the arm of the helper..

c) **Breathing:** When leading the arms sideways, inhale quickly through the mouth, when showing slowly exhale through nose and mouth..

d) Cooperation of movements (Figs. 109 to 113):

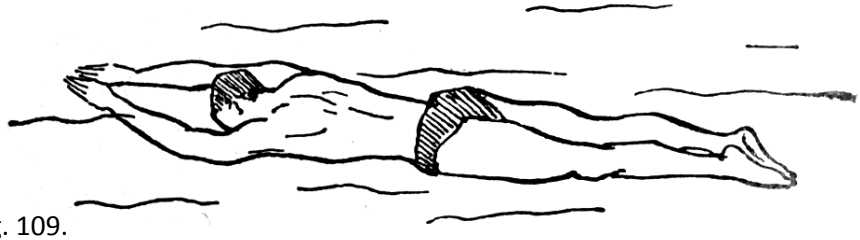


Fig. 109.

Speed "1": Sideways guiding of arms with inhalation.

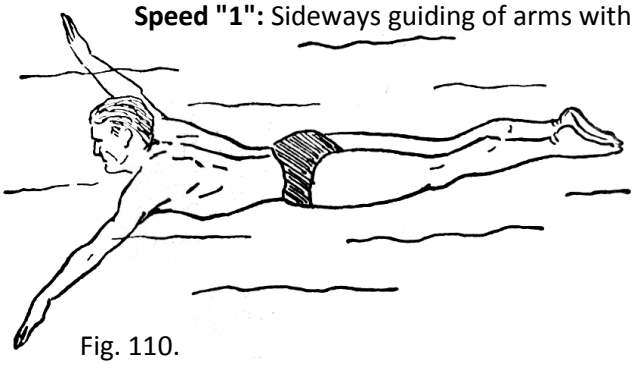


Fig. 110.

Speed "and": Bending the arms and hands under the chest,
at the same time sitting up of the legs with opened knees

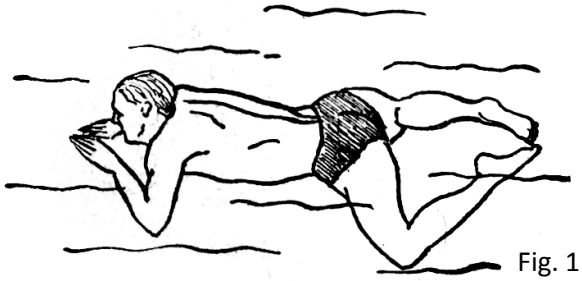


Fig. 111.

Speed "2" : side gouges and closing of the legs,
Simultaneous demonstration of hands with exhalation.

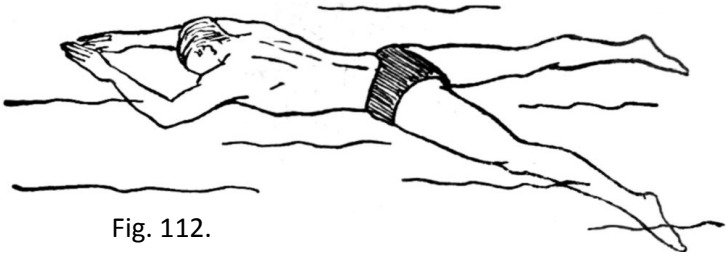


Fig. 112.

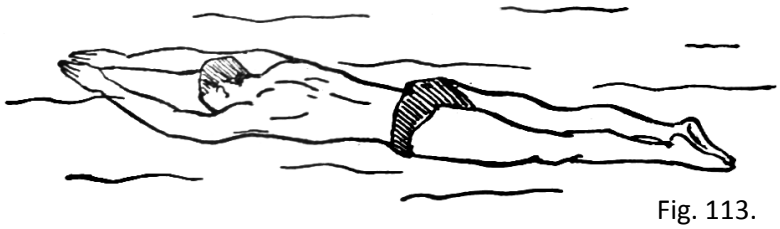


Fig. 113.

training method:

The pupil lies stretched out on the arm of the helper. After each swim the student has to take a break and let the body glide out stretched out.

If the student controls the cooperation of the movements, he pushes himself off the ground or pool edge into the swim position and tries to execute the swim several times. The distance to be covered must be gradually increased.

40. Swimming movements in the supine position.

With the folksy backswimming, the hands are led in the water under angles of the arms in the elbow-joint until hip-height sideways and then beaten under stretching of the arms at the thighs.
At the same time the leg strike occurs as with breaststroke..

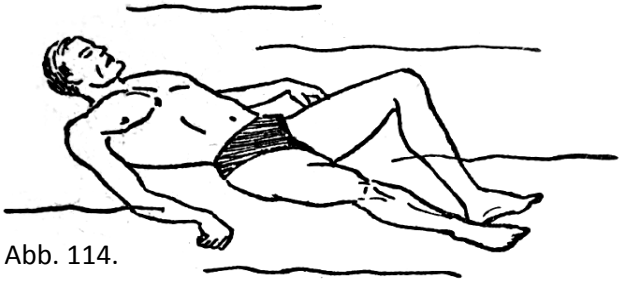


Abb. 114.

The body position is stretched, the head lies up to the ear line in the water.

Inhalation takes place quickly through the mouth when the arms are led sideways,
the exhalation during the arm strike against the thighs very slowly,
deep through nose and mouth.

The body must sprout after the execution of the swimming movements long stretched out with put on arms.

Position, movement and breathing are easier to learn in the supine position than in the chest position, the student becomes more familiar with the water even faster (Figs. 114, 115).

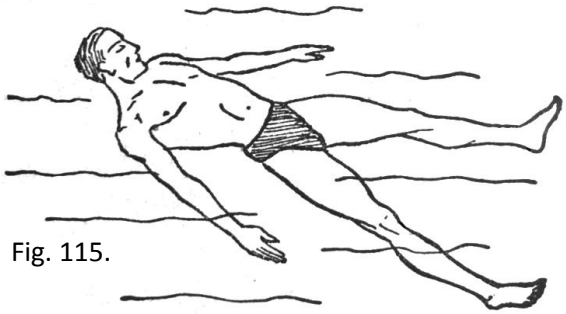


Fig. 115.

Fig.116.

41. Swimming in deep water.

At the transition to swimming in deep water a cork belt can be put on first. With increasing safety, the student swims on the line held from the jetty or boat..

Later the student swims without a leash next to the boat or in the institution next to a free swimmer (preferably a lifeguard).
At the same time the jump (foot jump or package jump) (Figure 116) (not head jump) is to be practiced on the leash from the stairs, from the pool edge and 1m board.

Jumps from higher boards are forbidden before taking the free swimmer test.

.

42. free swimmer test.

If the student has swum several times for 15 minutes without interruption,
he takes the free swimmer exam.
It is taken by an officer and consists of 15 minutes of continuous swimming.
in breaststroke and popular backstroke,
starting with any jump from 1m height.

43. free swimming lessons.

The safety in the chest and backstroke is increased by constant practice (distance swimming, 330 - 980ft), at the same time thereby speed is acquired. Swimming students who have mastered other types of swimming will be improved in style and technique of these types of swimming..

44. Start jump and turn.

Start and turn are the preparations for every regulated swimming operation..

a) Start jump from the pool edge or start block:
The feet stand hand wide apart,
the toes grip the edge of the pool or starting block turned inwards,
the knees are slightly flexed, the head is slightly retracted,
Arms and elbows are bent, the upper body is tilted forward (Fig. 117).

Fig.117.

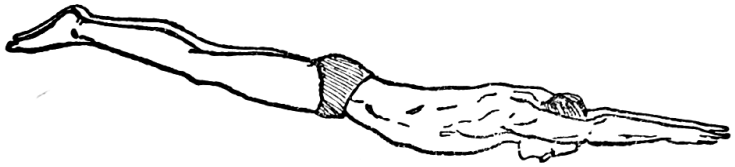


Fig.118.

The position will be taken on the command "On your mark!".
On "Go!" the swimmer jumps off, the arms push forward.
The body should glide fully stretched flat into the water, the head lies in a natural position between the arms (Fig. 118),
Inhalation takes place during the jump, exhalation during expelling.

b) **turning:**

The hands grasp closed at the edge of the pool or at the bar.
The body is pulled against the wall, but not lifted out;
breathing in.
After the knees have been squatted, the body is turned while releasing the hands.
The arms are extended forward, the head is in the water between the arms.
The kick by stretching the legs is first carried out,
after both feet have gained a foothold on the wall.
After being kicked off the wall, the float must drift far out (Figs. 119 to 121).

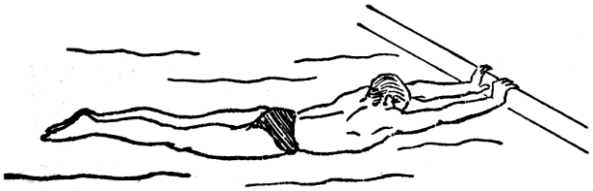


Fig. 119.

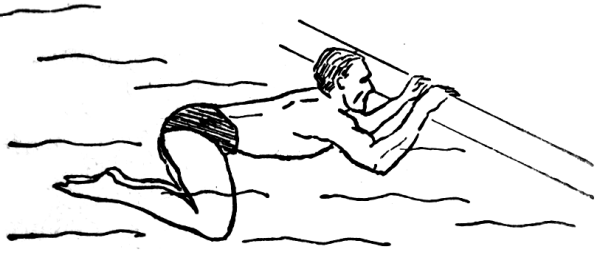


Fig. 120.

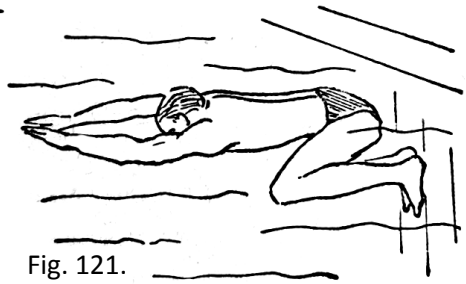


Fig. 121.

45. Diving:

Diving increases the safety of the swimmer and builds on the pre-training given at the beginning of swimming training. The eyes are open under water.
Performance should be increased slowly, exaggerations can lead to damage.

The following performances must not be exceeded:

deep diving 10ft.
distance diving 88ft (no time performance) (service certificate).

In the case of opaque water, a float floating on the surface is required.
(cork, bubble) with about 5m long cord to the body of the swimmer to fasten
(Caution with bridges, rafts and barges).

a) **Deep diving** for objects takes place on foot or headwards by jumping from the shore, from the diving board or from the swimming position..

b) **Distance diving**. Swimming under water is done in the chest position.
The arms are stretched out over the side and pulled through to the thighs.
The air inhaled during the jump is slowly exhaled during the dive.
The straight swim out under water is learned by practice and slow swimming movements only with opened eyes.
When diving up you have to exhale completely.
The best dive depth is 1½-2m (do not dive along the bottom).)

46. Jumping.

safety precautions

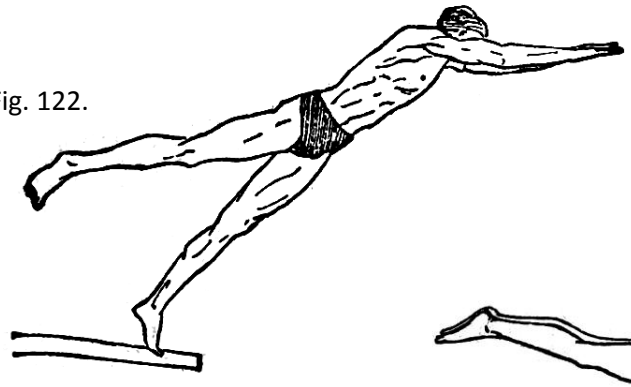
The trainer must make sure that there is sufficient distance between the jumps.
Fallers from standing forwards and backwards with arms held high or with arms folded are forbidden due to the frequency of injuries caused by being pushed to the ground.

a) **Foot jump** without and with start as step jump or final jump.
It can be requested from the 1-, 3- and, if available, from the 5m board.
Jumps above 5m height are only allowed for safe high jumpers.

b) **Package or squat jump** with or without start-up.
The legs are squatted in the air,
the jumper falls into the water, squatted together.
Practical application in case of unknown or insufficient water depth.
The jump may only be performed from the 1m board.

c) **Running jumps** from 1 and 2m boards.
Full speed from the end of the board,,
The jump is made at the tip of the board with one leg (Fig. 122),
the body stretches out, the arms are pushed forward to hold it up, the head lies between the arms, the body dives in completely stretched at an acute angle (Fig. 123) and floats out flat under water (preparation for take-off jump).

Fig. 122.



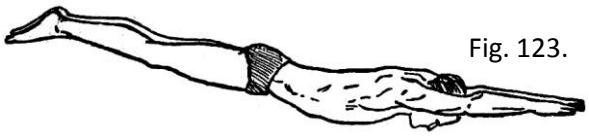


Fig. 123.

47. Other swimming types are:

Hand-over-hand swimming, crawling, backstroke, backstroke crawling.

48. Further jumps from 1 and 3m board

can be seen in the jump table of the swimming department.
The most important are: the head jump, the salto forward and backward, the head jump backward, the Auerbach salto, the 1½ forward sommersault.

49. The training of many safe swimmers as **lifeguards** is to be aimed at.

A strict standard must be applied during the acceptance test of the German Life-Saving Association. The test specimen must fulfil the conditions flawlessly at the first attempt. The lifeguard must learn: dress swimming, transport swimming, rescue aid, rescue handles, resuscitation, behaviour in case of accidents.

Correspondence between Wehrmacht and the German Life-Saving Association e.V.

Correspondence between the Wehrmacht and D.L.R.G. took place directly between regiments, themselves. Dept., schools etc. and the D.L.R.G.
(Headquarters of the D.L.R.G.e.V., Berlin, Bülowstr. 18III).

D. Boxing

50. Boxing is used for military training and education by developing the will and the ability to fight with the opponent, by promoting mental and physical agility, self-confidence, hardness, speed and dexterity. The soldier trained in boxing has so much mental and physical strength that he is well trained for close combat with the weapon..

51. The 1st training level includes all exercises of the boxing school that can be done without gloves. At this level, boxing is an important addition to the body school and can be done hand in hand with it.

52. The boxing position is the starting position for attack and defense.
The right leg stands about one stride backwards to the right of the left leg,
with the left leg resting on the full sole, the right on the ball of the foot with the heel raised, the toes pointing forward, the knees are loose and slightly flexed, the weight is evenly distributed over both legs (Fig. 124), the upper part of the body is almost upright, the left shoulder is slightly in front of the right one.

Fig. 124.

Fig. 125.

The left arm as attack arm is set almost right-angled.
The hand is advanced at the level of the left nipple.
The right arm is covering in front of the body, just below the chin.
Both feet are clenched, the thumb lies on the outside of the index and middle finger (Fig.125).

53. The footwork:

A fast work of the legs is the indispensable means of the boxer either
to attack or evade the attacker.
The legs are in constant motion,
crossing the legs or pulling the feet together is wrong.

A distinction is made between the following step movements:

1. Step backwards: the back foot gives way one step backwards, the front foot follows.
   Step forward: reverse.
   Step right sideways: the right foot begins.
   Step left sideways: the left foot begins.
2. Jumps forward, backward, sideways:
   both legs make a small flat jump at the same time.
3. The step movements or advanced step movements
   (three-step) like e.g. left-right-left-step or right-left-right-step
   are strung together with a slight shift in weight from one leg to the other.

4. A good preliminary exercise for leg work is rope jumping.
   a) Jumping on both legs with intermediate jump,
   b) Jump alternately left and right with intermediate jump,
   c) Jumping on both legs without intermediate jump,
   d) Jump alternately left and right without intermediate jump.
   All jumps shall be performed flat with a slight flexion of the knee joint.
   The last exercise in particular should be carried out as the skill progresses.
   One jumps first only one minute, later up to 3 minutes..

54. The straight thrust:

he arm goes under strong pressure of the shoulder on the target (head or body).
The fist hits with full ankle and is turned at the last moment in such a way, that the
the back of the hand is pointing upwards (Fig. 126).

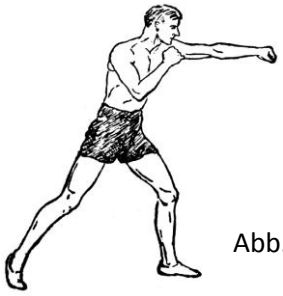


Abb. 126.

At the right shot the left hand goes back covering. If the straight shot is not to be applied at a greater distance, the boxer first makes a small drop with his left foot in order to obtain a favorable distance to the opponent.

Practice:

The straight impact is first practiced without and with failure after counting,
then also from the legwork.

55. Defense against the straight impact (partner line-up):

1. A. (attacker) strikes left straight — B. (defender) recedes.
2. A. strikes right straight line — B. regresses.
3. A. strikes left straight line — B. steps right sideways.
4. A. strikes right straight line — B. steps sideways right.
5. A strikes left straight line — B. covers by catching the thrust with the right hand (Fig. 127).

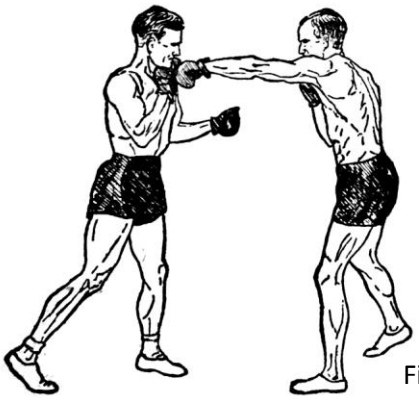


Fig. 127.

6. A. strikes right straight line—B. covers by catching the thrust with the right hand.
7. A. strikes left straight line—B covers by deflecting the thrust with the right hand (Fig. 128).

Fig. 128.

8. A. strikes left straight line after body B. covers with back of hand of right hand.
9. A strikes right straight line after the body-B covers with the back of the hand of the left hand.

The defense is first practiced from a fixed boxing position, then from leg work..

56. The Hook:

Fig. 129.

The hook hits the head or body from the side.
The fist is in the same position when the hook hits it.
as for the attachment to the blow (thumb up) (Fig. 129).
The arm is more or less bent depending on the distance to the opponent.
Avoid swinging to strike.
With the right hook the left hand lies covering in front of the chin..

way of practicing:

The hook on the left or on the right is like the straight impact at first without lunge, then with lunge, then practiced from the legwork.

57. Defence against the Hook (partner line-up):

The defense can be done by retreat.

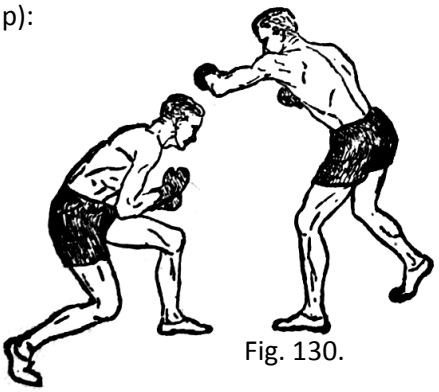


Fig. 130.

Continue to practice with partner:

1. A. strikes left hook—B. ducks (Fig. 130).

To duck is to dodge downwards. Head,
Torso and legs are slightly bent.
The blow passes over it.
Be careful of hits when erecting..

2. A. hits right hook—B. ducks.
3. A. hits left hook—B. covers the head with the right back of his hand (Fig. 131).

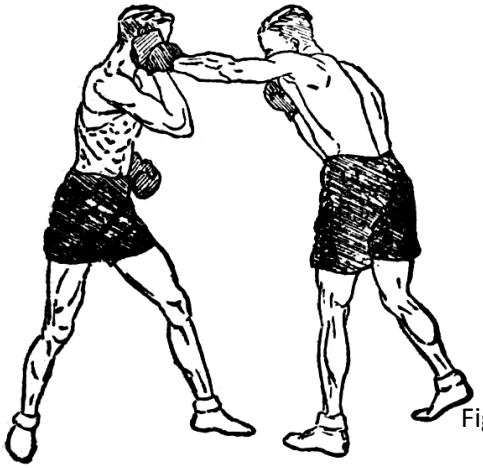


Fig. 131.

4. A. hits right hook-B. covers with left back of hand.
5. A. hits left body hook-B. covers with right hand or forearm (Fig. 132)
6. A. hits right body hook-B. covers with left hand or forearm.

58. The Upwards Hook comes from below.

At the moment of the hit (torso, chin) the back of the hand points to the opponent.
The arm is bent.
The effect of the blow is intensified by a strong stretching of the legs.
With the right hook the left hand lies in cover..

way of practicing:

The upward hook is practiced we the hook and the straight kick.

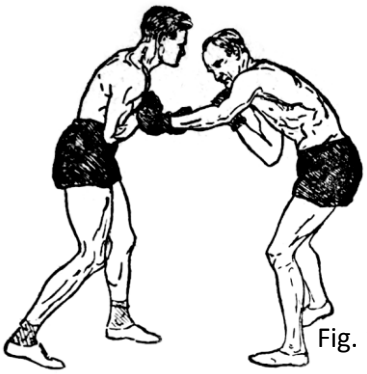


Fig. 132.

59. Defence against the uppercut (partner line-up):

The defense can be done by retrating.

Further training is required:

1. A. strikes left (right) uppercut after the chin
   B. covers with open hand (Fig. 133).
2. A. strikes left uppercut after the body
   B. covers with the right back of the hand or forearm.
3. A. strikes right uppercut after the body
   B. covers with the back of the left hand or forearm.

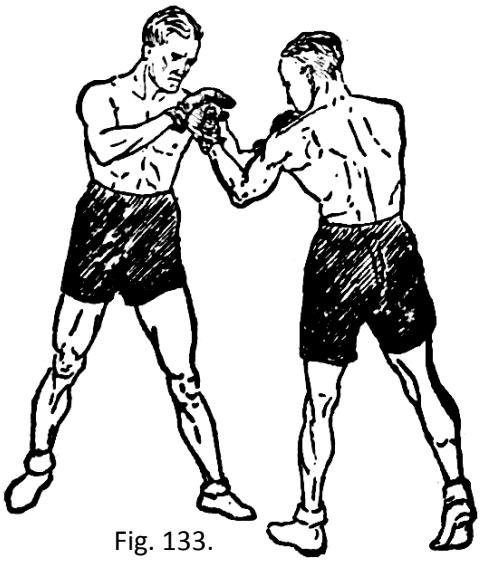


Fig. 133.

60. Double Strokes:

A boxing match becomes more versatile if the punches are not applied individually.
Therefore it is often advisable to play several strokes one after the other.
in the form of double strokes.
They are practiced from a standing position and from the legwork:
1. left straight line after the body, left straight line after the head.
2. left hook after the body, left hook after the head.
3. left straight after the head, right straight after the head.
4. left straight line after the body, left straight line after the head.
5. left hook after the body, right hook after the head.
6. left hook after the head, right hook after the head.
7. left hook after the body, right upward hook after the body..

61. Shadow Boxing (sham fight).

The student repeats here everything he has learned so far.,
in a casual, self-chosen sequence, with the teacher working on fluid footwork.
and clean striking technique.

62. Boxing on boxing equipment.

The most important boxing equipment is wall padding, double-end ball, corn pear, sandbag, platform ball, puntball.
Wall padding, sandbag and corn pear are easy to make as a makeshift.
The first step is to practice shocks and blows on the machines,
then follows fight at the device according to type of shadow boxing.

63. The 2nd training level includes the combat training.

The boxing gloves in the weight of 12-14 ounces are now to be put on also during school practice of the blows and coverings always.
The free fight can only be started when the shocks and covers have been mastered by the school.
The fight must not degenerate into a fight.
A trainer may therefore not let more than 3 to 4 pairs fight at the same time,
so he can overlook the fighters and find faulty
or unsportsmanlike combat.
The trainer must pay particular attention to this,
that only opponents of equal strength fight with each other.
The safety precautions initiated by the boxing office according to the competition regulations must be observed.

64. The Left-hand Training:

First, the clumsy left hand is trained in school and combat.

partner line-up:
direct-and follow-up counterstrikes (stopping and countering) on left hand blows:
Attack and counterattack result from this,
that the defender avoids or covers a blow from the attacker,
to either join in at the same moment
or look it up after a little break.

Stop shot left handed:

1. A. strikes left straight line punch towards the head
   B. intercepts by simultaneously pre-stretching his own left arm with the right hand.
   A. blocks this.
2. A. strikes left straight line punch towards the head
   B. ducks diagonally to the right and at the same time stops left straight on the attacker's body.
   A. blocks this
   follow-up counterstrikes and follow-up direct blows:
3. A. strikes left straight line punch after the head
   B. goes back and looks performs straight follow-up counterstrike.
4. A. strikes left straight line punch (hook) after the head
   B. covers and strikes left hook to head or body.
   A. blocks this.
5. A. strikes left straight line punch (hook) after the head
   B. covers and strikes left uppercut after the body after.

65. Fight with the left hand (left handed fighting):

From the previous practice the free fight with the left hand develops,
if both opponents apply the learned strokes in any order in the attack or from the defense.
The left fight becomes more versatile, if the blows come in the form of double blows,
whereby attacker or defender try to either 2 straight leftor 2 left hooks.
The left fight goes first over 3 rounds to 1 minute,
with progressive development of endurance up to 3 rounds to 2 minutes.

66. Training for free combat.

Defence geen double strike combinations left-right:
Against the straight left-right shots, the defender goes backwards,
the appropriate cover is provided against hooks left-right and upwards hooks.

direct-and follow-up counterstrikes for double stroke combinations:
At most, a left shot in boxing is followed by a left shot
and one stroke of the law, one stroke of the law.
So if the attacker strikes left-right, the defender covers both strikes.
and tries to look up with the right hand that a left hand can follow.
It is to be practiced:

1. A. strikes left-right straight line to the head
   B. backslides backwards or sideways and counters by right-left straight line punch.
2. A. strikes left-right straight line stroke combination
   B. covers and suggests a right guess with or after.
   A left straight line punch can follow it.
3. A. strikes left-right hook
   B. covers and counters with right-left combination.
4. A. hits left right hook
   B. covers and looks for right uppercut,
   which can be followed by a left hook.

Fight with double stroke combinations:
From the described training method results a fight with double blows or - blows, with which
the attacker usually left-right in each case,
the look-up usually beats right or right-left.
In the first exercises, the use of the right hand
not yet to carry out with full force.
Fight duration first 2 rounds of one minute each.

67. The free fight:

From the connection of left hand fighting and fighting with double stroke combination,
the result is free combat on range.
The examples practiced at school are no longer used alone,
but the fighting man should find possibilities lying in the nature of the fight out of himself and learn to use them skillfully.
A certain versatility in the application of the blows is to be aimed at.
It is sometimes necessary to detach oneself from what has been learned at school, because the fight poses tasks that the boxing school cannot give.
With increasing mastery of the fight with double strokes, the boxers will try to make more than 2 strokes, essential for good boxing always remains
the frequent and versatile use of the left hand.
As a conclusion of the 2nd training level
is a fight over 3 rounds to 2 minutes with one minute break each to challenge.

68. The next training level is **melee combat**.

The goal of boxing training is the completed fight in the ring,
in 3 rounds of 3 minutes each.
It combines the described way of fighting with close combat.

E. TEAM GAMES

69. As the man becomes stronger, the games of the body school are replaced by games that emphasize the team spirit and the idea of fighting.
All games, which are held as championship games in the German Reichsbund for physical exercises, especially handball and football, as well as hockey, rugby, basketball, etc., are also suitable for the further training of soldiers.
These games educate to the fighting spirit, to the subordination under the common goal, to the mental activity as well as to the independent fast acting.
Soldiers who have already played in a team before joining the army shall, if possible, continue to be promoted in the game in which they have previous knowledge during their period of service.
In addition, all non-commissioned officers and as many teams as possible should be trained in team games during their second years of service.
The games are played according to the rules of the Reichsbund für Leibesübungen..

70. **Handball** is the main game of the army.

It is generally learnt faster than soccer
and does not require any special equipment.
Each company must have at least one handball or soccer team,
who fights annually within the regiment for the championship.
Games between soldiers and civilian teams
are a valuable link between the Wehrmacht and the people..

71. Teaching Handball.

a) Technique. Ball school. **Throwing** and **catching**.

throwing styles:

One-handed swing throw below the hip, at shoulder height and above head height.
Two-handed swing throw below the hip, at shoulder height.
One-handed core or **impact throw** at head, shoulder and hip height.
Two-handed core or **impact throw** above head height.

Two-handed catching of eye-high and deep balls in reachable distances.
Picking up rolling balls.
Throwing and catching in motion, in a circle or side by side.

Tap the ball while running left and right handed.
Playing around the opponent by

1. turning past,
2. Fooling by lunging out,
3. deception by suggestion of delivery,
4. dubbing.

Goal shot training from the run and pass bouncer.

Ball and running training through **party ball game**:
On limited space 2 parties of 3-5 players play de ball to each other.
The respective ball owners try to pass the ball to each other as often as possible.
In a betting game every successful pass within a party counts one point.
A game is won with 25 points.

Course change exercises with 2 strikers and 2 cover players,
with 2 teams without center forward and center runner.

b) Tactics.

Explanation of the tasks of the players.
Forms of cover.
Explanation of the wing attack, place holding, change of place.
Defense at change of place, runner as 6th striker, blocking tactics.
Division for game throw-off, goal clearance, free-throw near goal, penalty corner and long corner.

72. Teaching method for soccer:

I. Kicks.

a) **technique**. ball school.
Impact (pass) with inside of foot,
Impact (pass) with outside of foot,
Clamping impact,
Head impact (forehead impact)

The exercises will be:

1. from a standing position against the still lying ball,
2. executed from movement against the rolling and bouncing ball (direct kicks).

II. Stopping.

a) on the ground
with inside,
Outside,
Sole,
lower leg;

b) from the air like a), in addition with instep, thigh, stomach, chest.

The **exercises** are:

1. from a standing position with the ball being thrown in by a partner,
2. executed from pass.

III. Dribbling.

With inside left and right, with outside left and right.

b) **Tactics.**

Zigzag pass for two.

Exercises of release through;
A game of three against one,
A game of two against one,
with parties of equal strength.

cover, lead, corner, free kick.

The further tactical training depends on the playing strength of the team..

V. APPENDIX

Site competitions in cross-country races.

As a conclusion of the winter sports training, site competitions in cross-country running are to be held in all locations until the end of April.
All companies etc., the battalions, departments and regiment staffs, cavalries, news relays and so on will take part. -The battalions, departments and regimental staffs, cavalries, news squadrons, etc. of all formations (except supplementary formations) on the same day or under the same conditions as far as possible to.

1. Participants who are obliged:

All lieutenants and lieutenants,
as far as they are not ill or commanded outside the location,
80% of the actual strength of non-commissioned officers, and
80% of the actual strength of the teams of each unit.
When the actual starch is fixed, it may be disposed of:
a) Soldiers over 30 years of age,
b) Soldiers in outgoing education (last year of school),
c) and all off-site commands.

All other non-commissioned officers and teams - sick persons, persons on leave of absence, etc. - are to be counted towards the 20% of the total amount exempted from the race. Officers who are ill or commanded outside the location will be dismissed and will not be counted. Officers on leave of absence will catch up with the run or run before the start of their leave and must be counted.

Officers, non-commissioned officers and teams who are not available on duty on the day of the race must carry out the running short before or after the actual location competition and must be evaluated..

All soldiers may participate in the run beyond the actual strength. **Their performance will be evaluated if they improve the overall performance of their unit, i.e. regardless of the total number of runners in a unit, only the best 80% of the actual strength to be provided will be evaluated.**

Officers, non-commissioned officers and teams may only replace runners of the same rank.

2. The location competition in the cross-country run presupposes a scheduled training in the cross-country run. As content serve, that each runner must have run at least 8 practice runs in the time from November to the location competition.
At least once 5000m have to be run without a break.
On the day of the competition, each unit shall report in writing to the Chief Officer at the beginning of the run the names of the participating runners who have not participated in at least 8 practice runs.
These runners are to be excluded from the race on the day of the competition.
They make up the missing practice runs (not more than 2 runs per week).
The oldest of the locations determines the day on which they have to carry out the run..

3. The length of the running track — in changing terrain

with only slight differences in altitude should be 3miles.
The starting line must be at least 100ft wide.
Start and finish are conveniently located at the same height and close to each other.
The location elders shall determine the race course by 1. 2. of each year and announce it to the troops and release it for practice runs.
The location elders shall also determine the minimum time to run on the course during the competition.

As an indication of this minimum period in a country without any particular difficulties, 22min.30sec. for 3miles should be used.

4. Rating.

a) Runners who run in in the same period of 15 seconds each receive the same number of points.

b) Runners who finish in the minimum time will receive 0 points. (Example: With an assumed minimum time of 22min.30sec. all runners who run in the time from 22min.15,1sec. to 22min.30sec. receive 0 points.)

c) Runners who run up to 5 min. faster than the deforderte minimum time receive good points for every 15 sec. 1 point, i.e. with an assumed minimum time of 22 min. 30 sec. those runners who run between 17 min. 15.1 sec. and 17 min. 30 sec. receive 20 good points. Runners who run more than 5 minutes faster than the minimum time receive 2 good points for a time that is 15 seconds faster.

d) Runners who run slower than the required minimum time receive minus points for every 15 seconds 2 points up to a maximum of 100 minus points.
100 minus points will also be credited for each man who is missing the obligatory number of 80% of the actual strength.

e) Failures during running due to injury or illness shall also be punished with 100 minus points per failure if the required 80% actual strength is not achieved due to the failure.

f) Winner is the unit with the highest average score. In case of a tie, the better percentage of runners who ran faster than the minimum time will decide.
When calculating the average score, the decimal places shall be taken into account only for units of which all runners or the same percentage of runners ran better than the minimum time.